

ESSY'S ESSENTIALS

A LIFE, BEAUTIFULLY ORGANISED DOWNLOAD

Plan a *Beautiful* Season with AI

FREE SEASONAL AI GUIDE

A thoughtful AI-guided pause
for shaping the season ahead.

One seasonal brief.

A constraint-aware AI translation.

A human final edit.

by Esther

5 A4 PAGES / PRINT + TABLET



Begin with the Season, *Not the Prompt*

A useful seasonal conversation with AI begins before the prompt is written. The first task is not to ask for ideas. It is to decide what kind of season you are trying to protect.

Name the real window of time. Bring forward what is already fixed. Notice where you want more room, what must stay light and which limits should remain visible. These are not obstacles to creativity; they are the material that makes an answer relevant.

Then give AI a narrow role: translate your own criteria into a few workable possibilities, make trade-offs visible and return the judgement to you.



*AI can widen the view. It
should not choose the season
for you.*

THE SEASONAL TRANSLATION PASS

01

Brief

Name the season on your own terms.

02

Translate

Ask AI for a bounded interpretation.

03

Edit

Keep only what earns a place.

Your Seasonal Decision Brief

Gather the context AI cannot responsibly guess. Gentle notes are enough; clarity matters more than detail.

THIS SEASON, I WANT MY LIFE TO FEEL...

Describe the quality you want to notice in ordinary days.

THE ACTUAL WINDOW OF TIME

Season, dates or the next meaningful stretch.

WHAT IS ALREADY FIXED

Commitments, travel, work, care or known dates.

I WANT MORE ROOM FOR

Choose one or two qualities, experiences or priorities.

I WANT TO PROTECT

Name what should not be crowded out.

I WANT TO KEEP LIGHT

What should stay easy, infrequent or deliberately small?

PRACTICAL LIMITS

Time, energy, cost, access or other real constraints.

WHAT AI MUST NOT ASSUME OR DECIDE FOR ME

Protect taste, relationships, privacy, local knowledge and personal judgement.

CONDENSE THE BRIEF BEFORE MOVING ON

Carry only four things to the prompt page:

- 01 the actual season and period
- 02 what is fixed
- 03 what deserves more room or protection
- 04 what must stay light and which limits matter

The Seasonal Translation Prompt

Give AI a bounded editorial role: translate the season you want into a few realistic choices, expose assumptions and leave the final edit with you.

THE SEASON + PERIOD

Name the actual window of time.

WHAT IS ALREADY FIXED

Commitments, dates or realities AI must keep.

MORE ROOM FOR + PROTECT

Bring forward your two strongest criteria.

KEEP LIGHT + PRACTICAL LIMITS

Name what must stay easy, finite or flexible.

COPY OR ADAPT THIS PROMPT

Act as a seasonal editor, not as a life planner. Use my brief to shape a small, realistic direction for the season ahead.

01

Separate the material

Distinguish my wishes, existing commitments and practical constraints before making suggestions.

02

Propose three anchors

Offer only three seasonal anchors. Each must fit my stated limits and add clear value, use or atmosphere.

03

Show two levels

Create a lighter version and a fuller version so I can see the trade-off in time, cost or attention.

04

Expose assumptions

Name anything you inferred, any conflict between my wishes and limits, and what needs clarification.

05

Recommend one omission

Identify one appealing addition that would make the season heavier without meaningfully improving it.

06

Return the judgement

Mark which choices still require my taste, relationships, local knowledge or final decision.

FINISH WITH

Do not invent missing facts. Ask one concise question only if the missing context would materially change the suggestions. Keep the answer finite.

ONE CORRECTION OR EXTRA LIMIT I WANT TO ADD BEFORE SENDING

Keep, Edit, Leave

Treat the AI response as material, not instruction. Keep what fits, reshape what needs your context and leave the rest behind.

KEEP

Which suggestions already fit your season, limits and values?

EDIT

Which useful idea needs your timing, taste or practical knowledge?

LEAVE

What adds noise, weight or an assumption that does not belong?

THE THREE ANCHORS I AM CHOOSING FOR THIS SEASON

Keep the final direction finite. Three is enough.

THE ONE THING I AM DELIBERATELY NOT ADDING

Name the appealing extra that would make the season heavier.

MY FINAL SEASONAL DIRECTION, IN MY OWN WORDS

AI offered a translation. The final edit remains yours.