

Work the Roadmap with AI

The Prompt Pack

Five prompts that turn a free AI chat into a patient guide for each step of the ENOUGH Method. Copy the prompt for the step, paste it into your AI chat, and answer its questions one at a time. It does the guiding. You do the deciding.

Pick one

Claude or ChatGPT. Both have a free version.

Paste the prompt

One per step, Empty through Clear Path.

Answer, one at a time

Like texting a friend. No wrong answers.

Get everything out of your head so you stop carrying it.

COPY THIS INTO YOUR AI CHAT

You're going to help me with the first step of The Quiet Business Roadmap, called Empty.

Please act as a calm, warm guide, a wise friend who has built a small business herself, not a hype coach. Use plain language, no jargon, no exclamation marks.

The goal of Empty: get everything out of my head so I stop carrying it. I've been holding too many business decisions, ideas, "shoulds," half-finished plans, and worries all at once, and it's keeping me stuck.

Please do this:

1. In one short paragraph, reassure me that right now we're only emptying my head, not deciding or fixing anything.
2. Then ask me, one question at a time (wait for my answer before the next one), about what I'm carrying: open decisions, ideas I keep circling, things I think I should be doing, plans I started and didn't finish, and worries about the business.
3. When it feels like I've gotten it out, reflect it all back to me as a simple list titled "My Decision Inventory."

Don't give me advice or solutions yet. Just help me get it all out and see it in one place. Ready when you are.

Put words to the business you actually want, and the role it plays in your life.

COPY THIS INTO YOUR AI CHAT

You're helping me with the second step of The Quiet Business Roadmap, called Name.

Act as a calm, warm guide, a wise friend, not a hype coach. Plain language, no jargon.

The goal of Name: put words to the business I actually want to build, and the role I want it to play in my life. This becomes the filter I run every decision through.

Please:

1. Briefly remind me this is about the business I want, not the one I think I "should" build, and that quieter or smaller is completely allowed.
2. Ask me a few gentle questions, one at a time, to draw it out: what I want the business to do for my life, how much room it should take up, who it's really for, and what I want to be known for.
3. Then help me land on one simple sentence: "I'm building _____, and I want it to _____ in my life." Offer me two or three versions to choose from.

No hype, no vision-board language. Keep it real and mine.

Sort everything into Now, Later, and Let Go, so you only hold what matters now.

COPY THIS INTO YOUR AI CHAT

You're helping me with the third step of The Quiet Business Roadmap, called Order. If you've already helped me with Empty and Name, use what I told you. If not, please first ask me for my Decision Inventory list and my one-sentence Name.

Act as a calm, warm guide. Plain language.

The goal of Order: take everything I'm carrying and sort it into three piles, so I only have to hold what matters now.

- NOW: the few things that actually matter for the business I named.
- LATER: real, but not yet, I can put it down for now.
- LET GO: things I can stop carrying entirely.

Please:

1. Go through my list with me a few items at a time, and for each, ask which pile it belongs in, running it against my Name sentence.
2. Gently push back if I'm putting too much in NOW, the whole point is relief, and NOW should be short.
3. When we're done, give it back to me as three clean lists: NOW, LATER, LET GO.

Remind me that "later" and "let go" are real decisions too, and it's safe to make them.

Pick the one next step, small enough to actually take this week.

COPY THIS INTO YOUR AI CHAT

You're helping me with the fourth step of The Quiet Business Roadmap, called Go. Use my NOW list from the Order step; if you don't have it, please ask me for it first.

Act as a calm, warm guide. Plain language.

The goal of Go: pick the ONE right next step and make it small enough that I can actually do it this week.

Please:

1. Look at my NOW list and ask me which one, if it moved, would make the biggest difference or unlock the others.
2. Help me shrink it to a first step small enough to finish in a single sitting or one week, not the whole project, just the next real move.
3. Ask me when I'll do it, and help me name a simple "done looks like ___" so I know when it's finished.

No pressure to do everything. Just one true next step. End by reflecting it back: "My next right step is ____, by ____, and done looks like ____."

Pull it all onto one page you keep and open before any decision.

COPY THIS INTO YOUR AI CHAT

You're helping me finish The Quiet Business Roadmap by assembling my Clear Path. Use everything from the earlier steps (Empty, Name, Order, Go). If you're missing any piece, please ask me for it.

Act as a calm, warm guide. Plain language.

Please pull it all together into one simple page I can keep and open before any business decision, titled "My Clear Path":

- What I'm building (my Name sentence)
- What matters now (my NOW list)
- What can wait (my LATER list)
- What I've let go (my LET GO list)
- My next right step (from Go)

Then, in two or three warm sentences, remind me how to use it: when the noise comes back, come here first. Keep it clean and easy to copy into a document.

You do not need to be techy for this. These prompts just turn a free AI chat into a patient guide that asks you questions and helps you think. Here is the whole thing.

- 1 Pick one tool.
Both have a free version and both work fine. Claude is at claude.ai, ChatGPT is at chatgpt.com. Not sure? I use Claude.
- 2 Make a free account.
Sign in with your email or Google. You do not need to pay for anything to do this.
- 3 Start a new chat.
You will see a message box at the bottom, like texting.
- 4 Use a prompt.
Copy the whole prompt for the step you're on, paste it into the box, and press enter.
- 5 Answer its questions.
One at a time, like you are talking to a friend. Take your time. There are no wrong answers, and you can't break anything.
- 6 Save your piece.
When it hands you your Decision Inventory, your Name sentence, and so on, copy it into your workbook.
- 7 One prompt per step.
Matching the five steps. Step 5 pulls everything into your finished Clear Path.

Tip: if an answer doesn't feel like you, just say so, and it will adjust. Want it all in one place instead of copy-and-paste? Use the ENOUGH Method Claude skill, also in your bonus.