

The Busy Mum AI Starter Guide

Less overwhelm. More done.
Powered by AI.

Kerry O'Connell

This is for you if..

You feel like you're constantly keeping track of everything for everyone.

Meals. Routines. Appointments. Shopping lists. School things. Messages.

The mental list that never really switches off.

You want life to feel simpler — but you don't have the time or energy to figure it all out on your own.

This guide is here to help things feel a little lighter, a little easier, and a lot more manageable.

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You don't need to be a “techy”

If you've never used AI before — that's completely okay.

You don't need to understand how it works or learn anything complicated.

You can simply copy, paste, and let it help you.

Think of it like having a second brain to help you plan, organise, and make things easier.

This guide will show you exactly where to start.

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Meals made simple

Planning meals can feel like a constant mental load.

Instead of overthinking it, you can ask AI to create a simple, family-friendly meal plan in seconds.

Let AI plan your meals for the week.

Paste this into ChatGPT:

Create a simple weekly meal plan for a busy mum with young kids.

Include:

- quick, easy dinners (under 30 minutes or slow cooker options)
- healthy but family-friendly meals
- meals that can be used for leftovers the next day

Use simple, affordable ingredients and avoid complicated recipes.

Include a full shopping list grouped by category.

Tip: Swap meals and adjust portions to suit your family.

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Routines made simple

Mornings and evenings can feel rushed and chaotic.

Instead of figuring it all out yourself, you can ask AI to create a routine that works for your life.

Let AI help you map out a day that feels more manageable.

Paste this into ChatGPT:

Create a simple daily routine for a busy mum with young kids.

Include:

- a realistic morning routine
- a calm evening routine
- time for meals, getting ready, and wind-down
- flexibility for unexpected moments

Keep it flexible, easy to follow, and not too strict.

Tip: You can adjust the routine to fit your day and your child's schedule.

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Life admin made simple

Keeping track of everything can feel overwhelming.

Instead of trying to remember it all, you can use AI to organise your week and create a clear plan.

Let it help you get things out of your head into something you can actually follow.

Paste this into ChatGPT:

Create a simple weekly plan for a busy mum with young kids.

Include:

- a list of key tasks for the week
- a simple daily to-do list
- reminders for appointments or important things
- time for meals, errands, and home tasks
- space for rest or downtime

Keep it realistic, easy to follow, and not overwhelming.

Tip: You can add or remove tasks depending on your week.

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Start simple

You don't need to do everything at once.

Start with one area that feels the most helpful — meals, routines, or your weekly plan.

Try it out, keep what works, and adjust as you go.

Small changes can make a big difference.

If you'd like more support, you can connect with me here:

kerryoconnell.com

or on Instagram: [@kerryoconnell.coach](https://www.instagram.com/kerryoconnell.coach)

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