

# Daily AI Decision Loop Prompt Sheet

**Use AI to think clearer, decide faster, and lead smarter.**

This is a micro-rhythm for high-performing, AI-Augmented Leaders.

It's not about doing more. It's about doing the right things—with less friction, better framing, and more clarity in motion.

## The 3-Part Daily Loop

### Morning Prompt

**“What matters most today?”**

Use AI to:

- Clarify the one thing that truly moves the needle
- Reframe your to-do list into high-value outcomes
- Align to strategic goals, not urgency

Optional AI Prompt:

**“Based on these tasks and my top 3 goals this week, what should I prioritize today to create the most impact?”**

### Midday Prompt

**“What’s a smarter way to approach this?”**

Use AI to:

- Challenge how you're solving a current problem
- Simulate trade-offs or alternatives
- Pause the autopilot and invite new perspective

Optional AI Prompt:

**“I’m about to make this decision / send this message / run this meeting—what’s a better way to approach it?”**

### Evening Prompt

**“What patterns am I seeing?”**

Use AI to:

Spot recurring friction or momentum

Reflect on decision quality

Surface insights that otherwise go unnoticed

Optional AI Prompt:

**“Summarize the patterns in my day. What worked, what didn’t, and what should I double down on or stop doing?”**