

✨ The Lazy Girl's ChatGPT Cheat Sheet ✨

**BECAUSE WORK
SMARTER → NAP
HARDER**



 **Free vs Plus — What's the Tea?**

Canva Table Content

Here's a quick comparison of the features available with the Free and Plus versions of ChatGPT, perfect for the Lazy Girl looking to optimize her workflow:

Feature	Free (Lazy Girl Starter)	Plus (Lazy Girl CEO Mode)
 Cost	£0 — Free forever, babe.	£20/month — basically 2 lattes.
 Speed	Slow on busy days, might make you rage-sip your coffee.	Lightning fast. Always ready, even during peak hours.
 Model	GPT-3.5 (smart enough to help, sometimes forgetful).	GPT-5 (smarter, sharper, actually remembers your vibe).
 Memory	Forgets faster than you forget where your phone is.	Remembers your tone, brand, and projects. Total BFF energy.
 Context Length	Limited — loses track in long chats.	Long attention span (finally someone who listens).
 Features & Tools	Basic writing + brainstorming.	Upload files, search the web, use tools like Canva + Notion better.
 Performance During Peak Hours	“ChatGPT is at capacity” aka go touch grass time.	VIP access. No waiting, no chaos.
 Tone & Personality	You can set tone manually each time.	Saves your tone + quirks — responds like your digital twin.
 Business Use	Great for hobby blogging or light work.	Perfect for affiliate marketing, automation, and creating daily content.
 Return on Investment	Free value, slower workflow.	Saves hours weekly = worth every lazy-girl latte.
 Ideal For	Experimenting, journaling, trying prompts.	Building brands, automating biz tasks, writing content fast.

How to Make ChatGPT Sound Like You

Stop treating ChatGPT like Google. Treat it like your virtual assistant who's desperate to impress you.

 **Start every chat like this:**

“Act as my creative assistant. I’m building a [brand/blog/business] about [topic]. Reply in a [funny, confident, lazy-girl tone] with [casual/friendly] language. I like concise answers with personality.”

Once you find a tone you love, say:

“Remember this tone and my project details for future chats.”

That’s it. You’ve just hired your own AI intern who actually listens.



Memory — AKA Your Digital Brain

ChatGPT can remember things between chats (if you’ve got memory enabled in Plus). It’s like giving your AI a diary.

 **How to use it like a pro:**

- “Remember that I run a blog called Lazy Girl Builds, focused on affiliate marketing and automation.”
- “Remember that I prefer fun, feminine, conversational writing.”
- “Forget everything we’ve discussed.” ← when you want a clean slate.

 **Why this matters:**

Next time you open ChatGPT, it already knows your goals, tone, and vibe. So instead of “Who are you again?”, it’s “Hey queen, let’s automate your life.”



Lazy Girl Prompt Formula (Your Secret Weapon)

When in doubt, use this:

“You are my [role: marketing coach / content strategist / blog writer]. I want to [goal]. Write in a [tone]. Give me [format: step-by-step plan / caption / blog]. Focus on helping me [result].”

Example:

“You are my business coach. I have 7 hours a week to make £1,000 online. Ask me 5 smart questions to find my best income stream.”



Lazy Girl Prompts You'll Actually Use

For Writing

- “Make this sound fun, confident, and slightly sarcastic.”
- “Write a blog intro that feels like a Netflix trailer.”
- “Turn this boring paragraph into something my followers will actually read.”

For Business

- “Create a 7-day TikTok content plan to promote my affiliate link.”
- “Write me a lazy-girl style blog post about automating business tasks.”
- “Brainstorm 5 passive income ideas for someone with low energy but high creativity.”

For Everyday Life

- “Plan a week of dinners that don’t require actual cooking.”
 - “Write me a message to cancel plans politely but convincingly.”
 - “Give me a weekend routine to recharge but still feel productive.”
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Tone Tweaks — Because Vibes Matter

You can literally tell ChatGPT *how* to sound:

- “Write like a cool big sister giving advice.”
- “Sound like a marketing bestie on her third iced latte.”
- “Speak like a calm productivity coach who loves emojis.”
- “Talk like a Gen-Z girl boss with ADHD energy.”

When you find your favourite? Tell it to remember it. Boom. Personality = downloaded.

BONUS LAZY GIRL TOOLS YOU SHOULD PAIR WITH CHATGPT



Because no queen builds her empire alone:

-  Canva Magic Write → Use ChatGPT text directly in Canva for posts, carousels, and graphics.
-  Notion AI → Organise your content ideas, journal entries, and prompts.
-  Hostinger AI Website Builder → Build a website or blog with AI in minutes (lazy-girl approved).
-  Gamma App → Create gorgeous slide decks, lead magnets, or mini-courses *automatically*.

(Affiliate tip: every one of these usually has a partner program — double win!)

Hidden ChatGPT Superpowers Nobody Talks About

Here's where the *real lazy-girl gold* is hiding — the sneaky, under-used tricks.

1. Build spreadsheets without Excel

“Create a content calendar table with columns for topic, platform, caption idea, and hashtags.”

→ Copy + paste it straight into Google Sheets. Done.

2. Generate full-blown Notion templates

“Create a Notion layout for my affiliate business that tracks brands, payout dates, and links.”

→ It gives you the structure to paste right into Notion.

3. Create your brand voice guide

“Analyse this paragraph and describe my brand voice. Then give me a style guide I can share with freelancers.”

Perfect for keeping your tone consistent *everywhere*.

4. Use it as your customer service rep

“Act as my customer service assistant. Write friendly responses to refund or complaint emails that match my brand voice.”

5. Brainstorm *and* validate business ideas

“Give me 10 lazy-girl friendly digital product ideas that need low effort, then score them by profitability, demand, and fun.”

6. Turn your knowledge into a course

“Outline a beginner mini-course teaching how to start affiliate marketing in 5 days. Include daily lesson summaries and action steps.”

7. Repurpose content

“Turn this blog post into 3 TikTok scripts, 2 Instagram captions, and 1 newsletter.”
You can literally multiply your content with one line.

8. Make it your podcast producer

“I run a podcast called Lazy Girl Builds. Write a 10-minute script about how to automate your business using AI tools, with humour and personality.”

9. Research assistant (no doom-scrolling required)

“Summarise the top 5 affiliate programs for beginners in 2025 with pros, cons, and payout rates.”

→ Instant research, zero burnout.

10. Life admin sidekick

“Help me write a polite email to my landlord.”

“Plan a budget-friendly weekend trip with a lazy itinerary.”

“Write a to-do list for someone who’s tired but trying.”



Final Lazy Girl Wisdom

The goal isn’t to do *more*.

It’s to make your AI do the boring stuff so you can focus on the fun stuff — creating, earning, resting, and thriving.

Because you’re not lazy. You’re *strategically energy-efficient*. 🧑‍💻♀️

Now grab your iced coffee, open ChatGPT, and say:

“Hey bestie, let’s make my life easier.”