



REDESIGNEDWORKLIFE.AI

QUICK START GUIDE

WHAT THIS IS

RedesignedWorklife.ai is your private workday architect inside ChatGPT. You bring your reality – your calendar, your responsibilities, your energy.

It brings the structure – clean, realistic plans that protect your health and your performance.

You'll use it together with your Module 1–4 workbooks to design:

- Your **Redesigned Workday** (ideal, bio-aligned day)
- Your **Busy-Day Baseline** (minimum viable day for chaos)
- Your **Weekly Rhythm Reset** (ongoing refinements)
- Your **Travel-Proof Day** (portable plan for trips)

REDESIGNEDWORKLIFE.AI

- 1 Click on your RedesignedWorklife.ai link:** Open the special link you received to access your private workday architect inside ChatGPT.
- 2 Log in to your ChatGPT account:** Use the same email you normally use for ChatGPT. (If you're already logged in, you're good.)
- 3 Click the "Design my Ideal Workday" prompt:** You'll see a starter prompt inside your RedesignedWorklife.ai. Click or paste it to activate your tailored result mode.
- 4 Upload your workbooks when asked:** Attach your completed Redesigned Worklife™ workbooks — especially Modules 1–3 (and Module 4 if you want a Travel-Proof Day). You can also add any notes about your schedule, family, health, or non-negotiables.
- 5 Ask RedesignedWorklife.ai for what you want:** Not sure what to ask for? Use one of the pre-programmed prompts:
 - **Ideal Workday** – your ideal, bio-aligned day
 - **Busy-Day Blueprint** – your minimum viable day for chaos
 - **Travel-Proof Day** – a portable plan for travel days
- 6 Review your plan and request any tweaks.** Ask your RedesignedWorklife.ai to:
 - Simplify the plan
 - Make a one-page summary
 - Adjust for kids, seasons, or travel
- 7 Implement, test, and refine:** Try your new workday for a week, then come back and run an Ideal Workday prompt to keep improving it.

Many of you already have a full life, a full calendar, and a body that's quietly telling you the current way of working isn't sustainable.

Getting support from **Redesigned Worklife.ai** is designed to feel like having your own private workday architect on call – you bring your reality, it brings the structure.

Already have a packed schedule?

Use your new blueprint to:

- Block focus windows into your calendar
- Build in small recovery anchors between meetings
- Turn “just surviving the day” into a repeatable rhythm that protects your energy

Travel often or have irregular weeks?

Run the **Travel-Proof Day** prompt before big trips or intense seasons so your health doesn't have to disappear just because your environment changes.

If you don't have a rhythm that feels sustainable yet, start with the **Ideal Workday** prompt and let your AI architect build the first draft with you.

Want live support on how to apply your plan, set boundaries, or make changes with your team and family?

Ask about the **Redesigned Worklife™ VIP Day** for coaching, implementation support, and high-touch guidance to make this your new normal – not just a nice idea on paper.

TIPS & TRICKS FOR BEST RESULTS

1. Be ruthlessly honest, not impressive.

RedesignedWorklife.ai works best with real data, not aspirational answers. You can even tell it: *"This is what I actually did this week, not what I wish I'd done. Please design around reality, not fantasy."* That honesty is what lets it create a plan your body and life can actually sustain.

2. Add your "constraints" first, not last.

Before asking for a new workday, tell it what cannot move:

- School runs / daycare windows
- Standing meetings / client calls
- Health appointments
- Bedtime / wake time anchors

Example: *"Here are the blocks that can't move. Please design my Redesigned Worklife™ around these constraints."*

This stops it from giving you pretty-but-impossible suggestions.

3. Ask for versions: ideal, minimum, and gentle. You can explicitly ask for 2–3 versions of your day:

- Ideal Day – when things go mostly as planned
- Busy-Day Baseline – for chaos / meeting-heavy days
- Gentle Day – for low capacity, PMS, illness, recovery days

Example prompt: *"Using my workbook answers, create an Ideal Day, a Busy-Day Baseline, and a Gentle Day so I can choose what fits each morning."* This normalises adjusting your workday to your capacity instead of forcing the same structure.

4. Use it as a reflection partner, not just a planner. After a few days of trying your new rhythm, paste a short debrief:

- What worked
- What didn't
- Where you broke your own rules
- What surprised you

Then say: *"Please run a Weekly Rhythm Reset based on this reflection and adjust my plan."*

5. Ask it to make things copy-and-paste ready. Have RedesignedWorklife.ai format outputs to drop straight into:

- Google Calendar (event titles + times)
- A Notes app or Notion (as checklists)
- A printed one-pager (short bullets only)

Example: *“Rewrite my Ideal Workday so I can paste each block as a calendar event title + time range.”* or *“Turn my Travel-Proof Day into a checklist I can screenshot on my phone.”* Implementation becomes much easier when the output is already formatted for your tools.

6. Tell it your current “season.” Life season changes everything. At the top of a chat, mention:

- “I’m in solo-parenting weeks every second week.”
- “I’m in launch season and it’s intense for 6 weeks.”
- “I’m in a recovery season after burnout; capacity is low.”

Then ask: *“Design my workday for this specific season, not forever.”* This stops you from designing a workday that only works in a fantasy calm season.

7. Use it to script difficult conversations & boundaries. Once you have a new blueprint, you may struggle with:

- Saying “no”
- Moving meetings
- Asking partners or teams for support

You can ask: *“Using my new workday, write a kind but firm message to my team/client/partner explaining the new boundaries and why they help me do better work.”* That turns the AI into a boundary-support tool, not just a schedule tool.

8. Re-run “Travel-Proof Day” before every big trip. For trip-specific results:

- Upload your latest Module 4 workbook
- Paste or trigger the Travel-Proof Day prompt
- Ask: *“Adjust this Travel-Proof Day for this specific trip: [dates, time zones, purpose, who I’m travelling with].”*

This keeps the travel system alive and personalised instead of a one-off bonus.

A HEALTHIER WORKLIFE YOU DESERVE.

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