

MS-19 • Make Stuff • AI Move of the Day

Message Unstuck

That message you keep avoiding? Let's get it written. AI can draft the first version. You edit it until it sounds like you.

Start the message

Jump to the prompt

YOUR CURRENT LEVEL

0 XP

Level 1: Message Avoider

Choose the message

Build the prompt

Generate a draft

Human-check the draft

Edit it like you

Send it to your person

First, the rule

This message goes to someone in your life. Not to Vanguard Scholar. Not to a public page. AI helps you start, but the final voice has to be yours.

Keep it kind, short, and honest. Do not paste private details into AI if they do not need to be there.

1 **Pick the message you have been avoiding**

Start with a small real one. Not a dramatic life speech.

Maybe you need to thank someone. Apologise lightly. Ask for notes. Reply to a cousin. Check in with a friend. Tell a teacher you missed a deadline. Keep it normal.

Thank you

Sorry

Can you help?

I forgot to reply

Checking in

Deadline message

Who is the message for?

Example: my classmate / my cousin / my teacher

What is the message about?

Example: asking for the maths notes I missed

THOUGHT BULB

Avoided messages usually feel bigger in your head than they look on the screen. A short, warm message often fixes the stuck feeling.

☐

I chose one real message I want to write.

2 Build the message prompt

Claude is the recommended tool, but ChatGPT or Gemini also works.

Open Claude, ChatGPT, or Gemini. Paste the prompt below. You can use the filled version from this page.

YOUR FILLED PROMPT

Help me write a short, warm WhatsApp message to my classmate about asking for the maths notes I missed. Natural, like me, not formal.

COPY-PASTE PROMPT

Help me write a short, warm WhatsApp message to [who] about [the thing I've put off].
Natural, like me, not formal.

Copy my filled prompt

CAUTION BOARD

Do not paste someone's private message or personal problem into AI unless you have removed identifying details. Keep it simple: who, what, tone.

☐

I built a prompt with who, what, and the tone I want.

3 Generate one draft

Do not ask for ten versions yet. One draft is enough to get unstuck.

AI will probably give you something a bit too polished. That is fine. It is a starting point, not the final message.

WhatsApp draft preview

Hey, sorry to bother you — I missed today's maths class. Could you send me the notes when you get time? No rush. Thanks.

draft · not sent

THOUGHT BULB

A draft is like wet cement. Useful, but not ready to step on. You still shape it before it hardens into the message you send.

☐ I generated one draft message using AI.

4 Human-check the draft

Before you send, make sure it sounds like you.

Too formal?

Too long?

Cut words like “kindly,” “regarding,” “requesting,” and “sincerely” unless you actually talk like that.

WhatsApp is not an essay. Short usually feels more real.

Too fake?

If you would never say the sentence out loud, rewrite it.

Too cold?

Add one warm word: “thanks,” “no rush,” “hope that’s okay,” or your natural version.

THE READ-ALoud TEST

Read the draft quietly to yourself. If it sounds like a school circular, edit it. If it sounds like you on a decent day, it is close.

☐

I checked whether the draft sounds natural and human.

5

Edit it to sound like you

This is where the message becomes yours.

AI draft

Paste the AI draft here if you want to compare it.

My edited version

Rewrite it in your own natural WhatsApp voice.

WIN CONDITION

You win when the message is short, kind, clear, and sounds like something you would actually send.

☐

I edited the draft so it sounds like me.

6 **Actually send it**

This is the part AI cannot do for you.

Copy your edited version into WhatsApp. Check the recipient. Breathe once. Then send it to your own person.

IMPORTANT

Do not send the AI draft blindly. Do not send it to Vanguard Scholar. Send only your edited message to the person it is meant for.

THOUGHT BULB

The skill is not “AI wrote my message.” The skill is “AI helped me get unstuck, and I made the final call.”

☐

I sent, or I am ready to send, the edited message to my own person.

7 **Optional: make your AI Move card**

A small reminder for the next message you avoid.

CARD COPY

Title: AI Move of the Day

Move: Write a WhatsApp message you have been putting off.

Prompt: “Help me write a short, warm WhatsApp message to [who] about [the thing I’ve put off]. Natural, like me, not formal.”

Closer: Edit it to sound like you, then actually send it.

☐

I made, sketched, or saved the AI Move card.

Final 5-minute move

Edit the message until it sounds like you. Then actually send it. The point is not the perfect message. The point is no longer avoiding it.

☐

I kept private details out of the AI prompt.

☐ I edited the draft instead of sending it blindly.

☐ The final message goes to my own person, not Vanguard Scholar.

NOTEBOOK LINE

Write this down: **“AI helped me start. I made it sound like me.”**

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Vanguard Scholar — Smart questions. Smarter answers. You, upgraded.

Made with care. No data collected.

Questions? Teachers and parents, write to us. Students, speak with your teacher or a grown-up first.