

COPY THIS PROMPT INTO ChatGPT (or your favorite AI tool):

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As a <current role> at <current company>, I want to better understand how my small, qualitative inputs contribute to larger outcomes – so I can align my work with my deeper passion: <insert passion>.

Generate a simple and repeatable tactic I can use within <platform/tool> (e.g. Microsoft, Google Workspace, Salesforce, Notion, etc.) to:

- Track and reflect on my inputs (actions, behaviors, micro-decisions)
- Reveal hidden patterns or long-term impact
- Quantify effort that normally goes unmeasured
- Reconnect me to the value I bring to the system

Use my role and platform to ground the suggestion in practical, daily activity.

Example:

- Role: Marketing Manager at a nonprofit
- Platform: Google Workspace
- Passion: Building community through storytelling

Output should include:

1. A tracking method (e.g. daily journal, spreadsheet, automation)
2. A weekly reflection question
3. A one-line reminder of why this matters to the system I serve

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#whogrrrl