



Flourishing More with AI's Help:

Using Tech to Create More Joy, Efficiency, and Happiness in Life and Work

Artificial intelligence and human flourishing have a powerful opportunity to overlap. So many educators are natural givers, but high stress, emotional fatigue, and busy schedules can chip away at our joy and focus.

If we are creative enough, AI can help with this! Tools like ChatGPT can act like everyday assistants that can help us reclaim our time, reflect more deeply, connect more meaningfully, and even find more happiness.

Happiness and well-being grow when we:

- Experience gratitude and reflection
- Set meaningful goals
- Reduce unnecessary stress
- Strengthen relationships
- Live with more purpose

Let's explore *how we can use AI tools like ChatGPT* to support both our **personal happiness** and **professional efficiency**.

EXAMPLES HOW AI CAN HELP YOU FLOURISH

Here are some ideas that can have AI help you create a starting point and foundation in minutes or seconds. Once you get started, you can really see the value that AI can bring to streamlining your workflow and creative brainstorming. Check the boxes that might help you and add notes for yourself.

I. PERSONAL LIFE & HAPPINESS WITH AI ASSISTANCE

- [] Create a "joy calendar" that blends/schedules your work, favorite hobbies, and proper rest
- [] Describe your "best possible self" to AI and get help setting aligned and achievable goals
- [] Ask AI to create gratitude journal prompts
- [] Have AI help plan micro-adventures like 30-minute creative breaks you and your family.
- [] Ask AI to help create a mindful morning or evening routine
- [] Ask AI for motivational book, video, or podcast recommendations based off of your interests
- [] Have AI help reframe a tough situation or limiting belief so that you can move forward
- [] Ask AI to create ways to celebrate small wins and track progress on specific goals
- [] Brainstorm with AI on how to strengthen specific relationships with customized connection ideas
- [] Explain your negative self-talk to AI and ask it to reframe it into a more empowering voice

II. PROFESSIONAL LIFE & EFFICIENCY WITH AI ASSISTANCE

- [] Allow AI to draft important emails to parents, staff, or coworkers more quickly and professionally
- [] Ask AI to help plan weekly lessons, agendas, or project outlines in minutes
- [] Inform AI of student needs and create differentiated instruction or rubrics
- [] Direct AI to summarize long PD/IEP/Policy documents so that a 12-year-old could understand.
- [] Ask AI to brainstorm engaging bell-ringers, reflection prompts, or exit slips
- [] Have AI help practice tough conversations or classroom redirections
- [] Ask AI for time-saving tools (schedules, checklists, timers)
- [] Have AI generate or organize sub plans or backup lessons for emergencies
- [] Ask AI for support and reflection with burnout, mindset, or reframing
- [] Ask AI to analyze google form survey and give summary of findings

HOW MIGHT I USE AI NEXT?

Use the reflection prompts below to create a personalized plan to apply one or more AI-powered tools in your life. This isn't about becoming a tech expert or replacing your humanity — it's about using tools that help you be more *you*.

1. One area of my life I want to enjoy more:

2. One area of work I want to make more efficient or less stressful:

3. A specific way I could try using AI (like Chat GPT) to help me this week:

4. What result would make me feel like this was worth doing?

5. Could using AI help contribute to my happiness in any way? (i.e. experience gratitude and reflection, set meaningful goals, reduce unnecessary stress, strengthen relationships, or live with more purpose)

CHAT GPT PROMPT EXAMPLES

Try talking or typing to ChatGPT like a thinking partner or journal.

Say things like:

- “Help me reframe this situation at work...”
- “Give me a fun way to connect with a loved one this weekend...”
- “Plan my next 3 days of healthy meals using these ingredients...”
- “Create a weekly goal tracker for sleep, joy, and movement...”
- “Create a draft email to a student’s parent about their student cheating on a quiz today..”
- “Design a 7-day Happiness Challenge for my 4th grade students”
- “Create a worksheet that reviews a nuclear chemistry unit from a high school science class..”
- “Create fun at-home project ideas for 3rd graders during summer vacation..”
- “Act like a licensed nutritionist and ask questions to help create a meal plan for the week..”
- “Create 30 Trivia questions with answer options to use on a family road trip”

