The Blog & Vlog Prompt Pack

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Twenty-eight prompts for sharing life as a working mom with a global career: the travel, the events, the school runs, and everything in between. Paste a prompt into Grok Bot, Claude or any AI assistant, fill in the [brackets], and make it sound like you.

> Tip: give the AI a short "About me" note first: who you are, your family, your voice, and what you keep private. Never share children's schools, routines or locations in real time, and post travel after you have left a place, not while you are there.

I. Finding your story

1. MY CONTENT PILLARS

```
I am a working mom of [number] and a [title] who travels to [countries/cities] for work.
Suggest four content pillars that blend family and global career, with a short description of each, the audience it serves, and ten post ideas per pillar.
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2. FIFTY BLOG IDEAS

```
Give me 50 blog post ideas for a working mom with an international career. Group them under: travel with kids, balancing family and work, lessons from leading global teams, city guides, and small rituals at home. Make each title specific, not generic.
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3. MY STORY IN THREE LENGTHS

```
Here are the key moments of my life and career: [list].
Write my story in three lengths: a 15-second vlog intro, a 150-word "about" for my blog, and a 600-word welcome post. Warm, honest, no humblebrags.
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4. SERIES CONCEPTS

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Suggest five recurring blog or vlog series I could run, for example a city-by-city work trip series. For each, give a name, the format, how often to post, the first five episodes and a signature closing line.
```

II. Blog posts

5. BLOG POST DRAFT

```
Write a 900-word blog post titled "[title]". Main point: [point]. Stories to include: [list]. Audience: other working parents with big careers.
Use short paragraphs, a few subheads, one practical takeaway list, and an ending that invites comments. No invented statistics.
```

6. CITY GUIDE FOR FAMILIES

```
I just visited [city] for [event/work]. My kids [came/did not come].
Write a blog post: "[City] in [number] days: a working mom's guide." Include where to stay, three family-friendly things, two quiet spots for a call or work session, and one local food to try. Mark anything I should double-check as [verify].
```

7. LESSONS FROM THE ROAD

```
Here are my notes from my trip to [city] for [event]: [notes].
Turn them into a reflective post: "What [city] taught me about leading and parenting." Three lessons, each with a short story.
```

8. PACKING LIST POST

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Write a practical blog post: "How I pack for a [number]-day international work trip, [with/without] my daughters." Include a checklist for work, carry-on, kids, and a calm travel day. Keep it real and useful.
```

9. HONEST BALANCE POST

```
I want to write honestly about [a hard moment, e.g. missing a school event for a work trip].
Help me write a 700-word post that is honest without oversharing, shows how I handled it, and gives other parents one idea they can use. Gentle, not guilty.
```

10. EDIT IN MY VOICE

```
Here is my draft: [paste]. Here is a sample of my writing that sounds like me: [paste].
Edit the draft to match my voice, tighten it by 20%, improve the opening line, and suggest three headline options.
```

III. Vlogs

11. DAY IN THE LIFE: EVENT WEEK

```
Write a day-in-the-life vlog script for one day at [event] in [city].
Structure: morning (getting ready, coffee, a call home), the event (behind the scenes, team moments), evening (a city walk, a video call with my daughters).
Include shot list, voiceover lines and on-screen text. Length: [minutes].
```

12. DAY IN THE LIFE: HOME WEEK

```
Write a day-in-the-life vlog script for a normal work-from-home day with my daughters [names/ages if I choose].
Show the morning rush, deep work blocks, school pickup, dinner and a calm evening. Include shot list, voiceover and a closing thought on balance.
```

13. TEN VLOG HOOKS

```
Topic of my next vlog: [topic].
Give me ten opening hooks under ten words each: some curious, some funny, some honest. Then pick the best three and explain why.
```

14. TRAVEL DAY VLOG

```
Write a vlog script for a travel day from [home city] to [destination]: airport, lounge or gate work, the flight, arrival. Include five "real moments" to film and a short reflection to close.
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15. BEHIND THE SCENES AT A GLOBAL EVENT

```
I lead marketing for a large event in [city]. Write a behind-the-scenes vlog outline: set-up, rehearsals, team, the big moment, the wrap. Respect what is confidential and keep the brand in a good light. Include five B-roll shots and voiceover lines.
```

16. Q&A VLOG

```
Write 15 questions my audience might ask a working mom with a global marketing career, and a short, honest answer outline for each. Group them into a 10-minute Q&A vlog with an intro and outro.
```

IV. Travel with kids

17. KIDS' TRAVEL GUIDE

```
We are traveling to [city/country] with daughters aged [ages] for [number] days. Write a family itinerary with one kid-led activity a day, rest time, food they might like, and a backup plan for rainy or tired days. Then turn it into a blog post outline.
```

18. MINI EXPLORERS SERIES

```
Create a vlog series where my daughters explore a new country with me. For [country], write a short episode: three things to see, one local word to learn, one food to try, and a question the kids answer on camera.
```

19. JET LAG AND ROUTINES

```
Write a practical post on handling jet lag and routines with kids when traveling from [time zone] to [time zone]. Day-by-day plan for the first three days, plus a checklist. Note that I am not a doctor and keep it general.
```

20. WHEN THE KIDS STAY HOME

```
Write a post about staying connected with my daughters when I travel for work: rituals before I leave, while I am away, and when I come home. Include five ideas other parents can try.
```

V. Balancing family and global work

21. MY WEEKLY RHYTHM

```
Here is my typical week: [paste]. Turn it into a blog post and a carousel: "How I plan a week across [number] time zones and two school schedules." Include the tools and routines that help.
```

22. BOUNDARIES THAT WORK

```
Write a calm, practical post on boundaries for parents with global roles: early or late calls, travel weeks, weekends. Give five boundaries and how to say each one out loud to a team.
```

23. LESSONS FOR MY DAUGHTERS

```
Write a letter-style blog post to my daughters about what I hope they learn from seeing me work around the world. Warm, specific, and not sentimental. Use these memories: [list].
```

VI. Reels and captions

24. REEL CAPTIONS IN MY VOICE

```
Here is my reel: [describe the clip]. Write five caption options: one short, one story, one tip, one question, one funny. Under 125 characters for the first line. Add five relevant hashtags.
```

25. CAROUSEL FROM A BLOG POST

```
Turn this blog post into a 7-slide carousel: [paste]. Slide 1 is a hook, slides 2-6 are one idea each, slide 7 is a takeaway and a soft call to read the full post.
```

26. THIRTY DAYS OF CONTENT

```
Build a 30-day content plan across blog, vlog, reels and stories, mixing my pillars: [list]. I am traveling to [city] on [dates]. Plan lighter content those days and schedule travel posts for after I leave each place.
```

27. COMMENT REPLIES

```
Here are comments on my last post: [paste]. Draft warm, short replies in my voice. Flag any comment I should not reply to or should handle privately.
```

28. PRIVACY CHECK

```
Review this post or script before I publish: [paste].
Flag anything that shares too much about my children, home, schedule, real-time
location, or work information that should stay internal. Suggest a safer rewrite.
```

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