

Use Life AI Safely

Ask better questions, protect private information and verify important answers.

BEFORE YOU ASK

Your purpose	What do you want explained, organized, calculated or compared?
Your facts	Use only the minimum, non-identifying information needed.
Your limits	State what AI must not assume, guarantee or decide.

READY-TO-USE PROMPT

COPY THIS PROMPT

Explain [topic] in plain language for a beginner. Separate facts from assumptions. Show calculations step by step when relevant. Identify information that may change and list authoritative sources I can review. Do not request private identifiers, make guarantees or replace professional judgment.

USEFUL FOLLOW-UPS

- ☐ What assumptions did you make?
- ☐ Which facts should I independently verify?
- ☐ Give me three questions to ask a qualified professional or institution.

CHECK THE ANSWER

- ☐ The response answers my actual question.
- ☐ Important claims can be verified.
- ☐ The answer does not promise a result or pressure me to act.

PRIVACY RULE

Use rounded amounts. Never enter passwords, PINs, full account numbers, government ID numbers, login details or complete financial reports.