

AI POWERED CEO · FREE GUIDE

11 Minutes in the Pickup Line

Claude AI handles the busywork so caregiving moms grow their business.

11 copy-paste prompts. One for each minute you have.

Celeste Angelic London

START HERE

You have 11 minutes. That's enough.

You're parked in the pickup line. Or waiting in a lobby. Or sitting in the car before you walk back in. The business still needs you, and you have a few minutes and one thumb.

This guide gives you 11 prompts. Each one is a real job a caregiving mother does every week. Copy it into Claude, fill in the brackets, and you're done before the bell rings.

How to use it
1. Open the Claude app on your phone. A free account works.
2. Pick the prompt that fits what's on your mind.
3. Copy it, fill in the [BRACKETS], and send.
4. Not quite right? Tell Claude what to change. Answer back once and it gets better.

Keep it safe: never paste in ID, account or card numbers. Cover them in any photo you share.

New to Claude? A new Claude lesson goes out every Thursday, free on my Substack: celesteangeliclondon.substack.com

01

PICKUP LINE PROMPT · 3 MINUTES

Answer the DMs

Copy this into Claude:

> I run [YOUR BUSINESS]. Here are three messages I need to answer: [PASTE THEM]. Write a short, warm reply to each one in my voice. End each reply with one clear next step.

Then: Read them, change one word if you want, and send.

Want more like this, written for a caregiving mother's real day? A new Claude lesson goes out every Thursday on my Substack.

02

PICKUP LINE PROMPT · 4 MINUTES

Tomorrow's Post

Copy this into Claude:

> Here's one thought I had today: [SAY IT IN ONE SENTENCE]. Turn it into a short social post for [PLATFORM] for [WHO YOUR CUSTOMERS ARE]. Short sentences. End with one question.

Then: Save it in your notes. Tomorrow's post is done.

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03

PICKUP LINE PROMPT · 5 MINUTES

Empty Your Head

Copy this into Claude:

> Here's everything on my mind right now: [TAP THE MIC AND JUST TALK]. Sort it into three lists: must do this week, can wait, and can let go.

Then: Screenshot the first list. That's your week.

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04

PICKUP LINE PROMPT · 3 MINUTES

Dinner, Sorted

Copy this into Claude:

> Here's what's in my fridge and pantry: [LIST IT]. Give me three simple dinners for this week, 30 minutes or less, and a short grocery list for what's missing.

Then: Send the grocery list to whoever is shopping.

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05

PICKUP LINE PROMPT · 3 MINUTES

The Quiet Lead

Copy this into Claude:

> [NAME] asked about [MY OFFER] [HOW LONG AGO] and went quiet. Write a friendly follow-up message. No pressure. Make it easy to say yes or no.

Then: Send it before you pull out of the lot.

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06

PICKUP LINE PROMPT · 3 MINUTES

The Letter From School

Copy this into Claude:

> [ADD A PHOTO OF THE LETTER OR FORM] Explain this in plain language. What do I need to do, and by when? Give me a short checklist.

Then: Cover any personal numbers in the photo before you send it.

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07

PICKUP LINE PROMPT · 2 MINUTES

Say No, Kindly

Copy this into Claude:

> Someone asked me to [WHAT THEY ASKED]. I can't take it on right now. Write a kind, short no that keeps the relationship warm. No long explanation.

Then: Your time is protected. Send it.

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08

PICKUP LINE PROMPT · 4 MINUTES

Welcome a New Client

Copy this into Claude:

> I just got a new client for [MY OFFER]. Write a warm welcome message that tells her what happens next, when we start, and how to reach me. Keep it under 120 words.

Then: Save it as your welcome template. Use it every time.

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09

PICKUP LINE PROMPT · 3 MINUTES

"How Much Is It?"

Copy this into Claude:

My offer is [WHAT IT IS] for [WHO IT'S FOR]. The price is [PRICE]. Write a short, confident answer to "how much is it?" that says the price up front and one reason it's worth it.

Then: Keep it ready. You'll use it this week.

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10

PICKUP LINE PROMPT · 4 MINUTES

Plan Tomorrow

Copy this into Claude:

> Tomorrow I have [PICKUPS, APPOINTMENTS, CARE TIMES]. Find me three small work blocks around them. Tell me the one business task that fits each block.

Then: Put the three blocks in your calendar.

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11

PICKUP LINE PROMPT · 4 MINUTES

Your Weekly Win

Copy this into Claude:

> This week I [WHAT YOU GOT DONE, BIG OR SMALL]. Write a short, honest email to my list about it, with one lesson another busy mom could use. Sound like me: [WARM / DIRECT / FUNNY].

Then: Send it Friday. Your list hears from you every week.

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WHAT'S NEXT

Eleven minutes, every day.

That's how a business grows inside a caregiving life. Not in one big block you'll never get. In small pieces, with Claude doing the busywork.

Free: a new Claude lesson every Thursday on my Substack. Short, simple lessons that show you each part of Claude, where to click, and one real way to use it today.



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celesteangeliclondon.substack.com

Celeste Angelic London · Founder, AI Powered CEO