

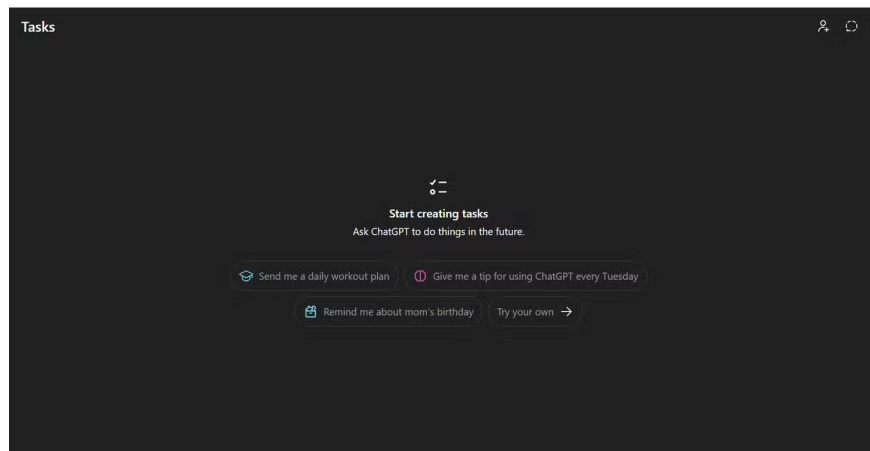
8 Little ChatGPT Automations That Make Every Day More Enjoyable

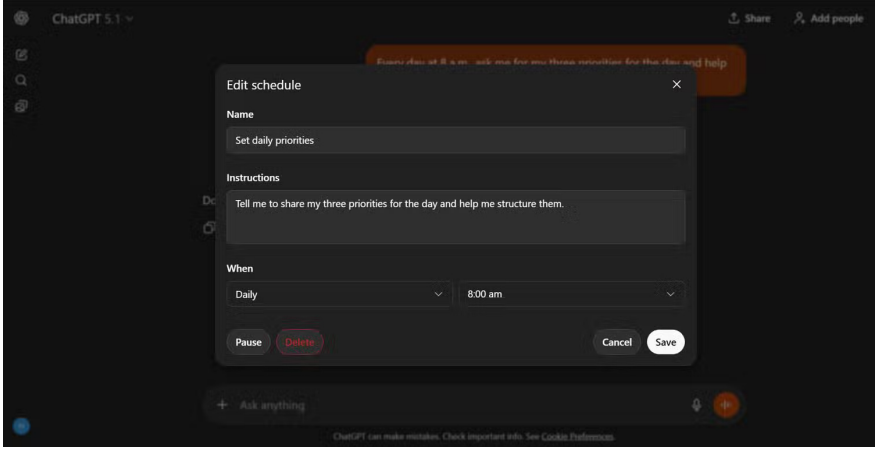
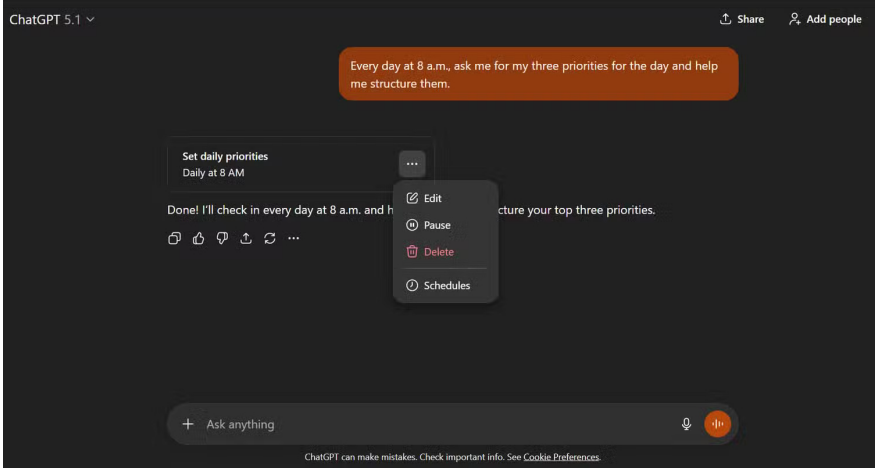
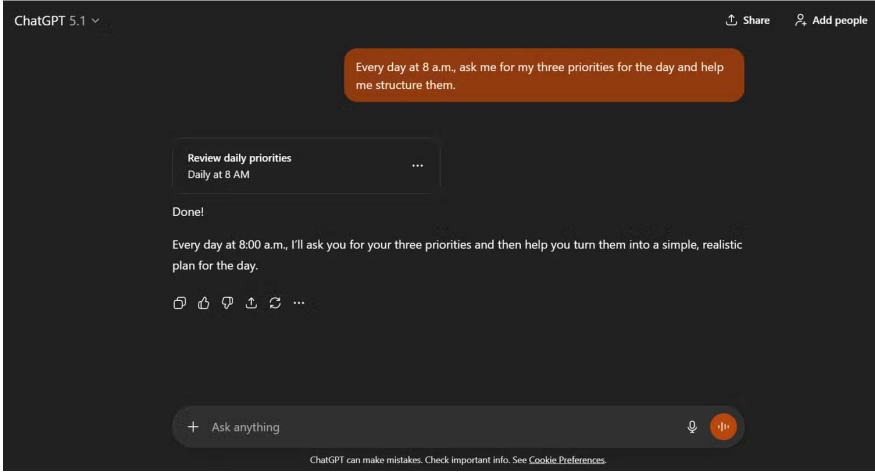
Normally, we have to actively interact with chatbots to get results, but ChatGPT's Scheduled Tasks feature will change that.

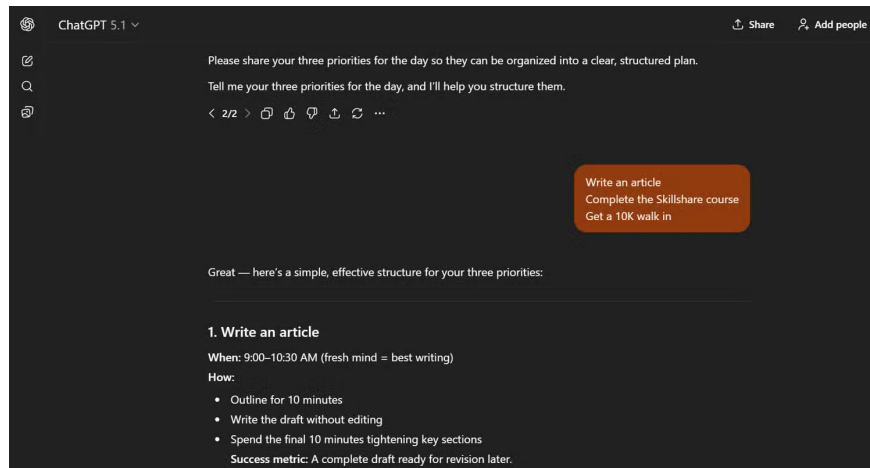
Artificial Intelligence (AI) can paralyze us, turning us into mindless zombies. But on the other hand, we can harness its immense power and push us to take action or think critically. Normally, we have to actively interact with chatbots to get results, but ChatGPT 's Scheduled Tasks feature will change that.

8. Start your day with a productivity test

A quick morning template to help you focus







The day can easily slip by. A quick one-minute check-in helps you set three important tasks for the day. The first task is the priority, followed by two more. You can also list your priorities, but keep it to three manageable tasks. Spending even one minute on each structured prompt can improve the way you approach your work. This helps you manage your time more consciously.

Every day at 8am, ask me for three priorities for the day and help me sort them.

7. Automatically receive creative ideas every week

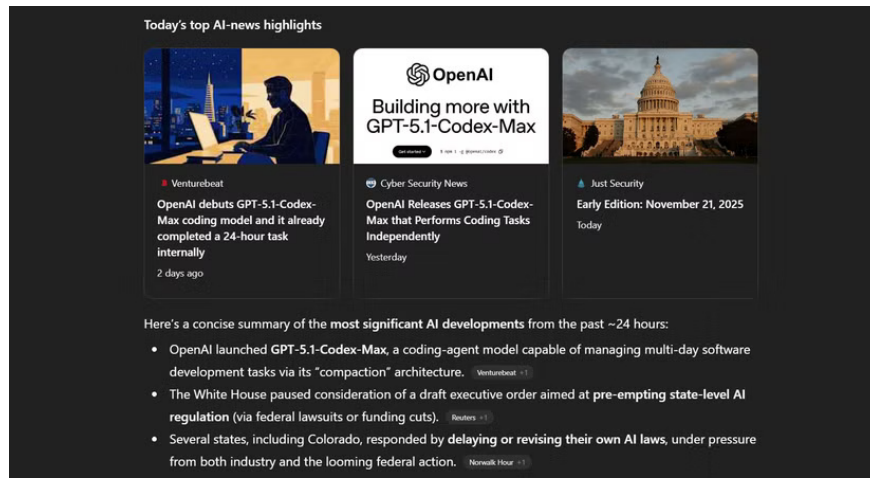
Always keep your creative juices flowing without effort

Our brains are notoriously prone to distraction. Using ChatGPT's Scheduled Tasks feature as a creative prompt can help your brain shift gears and generate ideas, even sparking new ideas from the original. In short trials, it also acts as a mindfulness tool, as many people tend to think about ideas more than any other random thoughts.

Send me 5 creative newsletter ideas (each with a 6-8 word headline + one line description) specifically designed for my critical thinking newsletter. Keep it fresh, practical, and actionable for readers who just want to skim through to learn, remember, or solve a problem. Include a suggested headline for each idea!

6. Create a personalized morning briefing

Start your day with a summary of topics you really care about.



Replace your endless web surfing with more purposeful reading. Being consumed by negative news doesn't help, so this scheduled task in ChatGPT allows you to narrow your focus and choose what you want to read. For example, set your newsletter to skip general politics and focus entirely on the latest tech industry news and overnight sports scores.

Create a concise summary of the most important news overnight related to [insert topic, e.g. Artificial Intelligence, Premier League scores, and major economic moves]. Send it to me by [Time].

Structure your answer as a bulleted list with three main points for each topic. Keep your tone neutral and professional. If there is no important news for a particular topic, please state that instead of forcing the result.

5. Stay accountable for your health habits

Simple reminders to improve hydration, sleep, or step count

A smartwatch or mobile app isn't the only way to maintain healthy habits. We can also combine this with the use of ChatGPT. And ChatGPT's Scheduled Tasks feature will gently remind you whenever you set it up.

Every day at 4pm, remind me to drink at least 2 liters of water and ask if I have reached my step goal.

4. Track subscription renewals and budget schedules

Track your subscriptions and avoid losing money on unwanted things

While ChatGPT can't directly access your bank account for security reasons, you can use it as a proactive financial reminder system. For example, set a monthly task on the 1st of each month that lists your known recurring subscriptions and asks you to verify whether you're still using them. This task acts as a manual check-in reminder. Just seeing the list of "Netflix, Gym, Adobe Creative Cloud" pop up forces you to evaluate whether you're actually getting value from them that month.

Here is my monthly financial checklist. Here is a list of my current recurring subscriptions: [Netflix, Spotify, Gym, Adobe Creative Cloud, Amazon Prime]. Please show me this list and ask, 'Which subscriptions haven't you used in the last 30 days?' If I find any, suggest the specific steps needed to cancel them or negotiate a lower

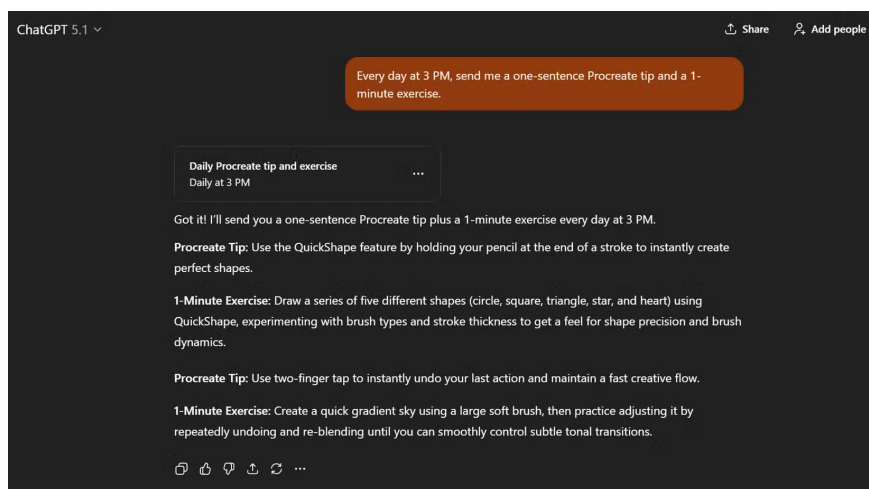
retention rate.

ChatGPT can be a customized budget guide, but consider the information you want to provide for it. However, you can easily test it yourself at least by:

At 6pm on the first day of every month, remind me to update my expenses and ask three questions about my budget.

3. Get daily mini skill challenges

Learn little by little, you will really stick with it.



Small steps are incorporated. Additionally, these small skill challenges help you assess what you have learned and where you are lacking. You can set this up for any topic and test type (it can be multiple choice).

Every day at 2pm send me a short Procreate tip and a 1 minute workout.

2. Prepare a "Rebuild Sunday" household checklist

Organize your household chores so you don't start Monday with a mess.

Many people who used to be scrambling on Monday mornings because they forgot to do laundry or wash the car now have a task scheduled every Sunday at 9am with a prioritized checklist that fits their living space. You can even have it rotate tasks, since things like deep cleaning the oven don't need to happen weekly, ChatGPT can rotate that task onto the list once a month while still keeping the 'change the sheets' routine weekly.

It's Sunday morning. Please create a priority cleaning checklist for my [apartment/house]. Include three 'Quick Hits' (tasks under 5 minutes) and two 'Deep Cleans' (tasks under 20 minutes). Focus specifically on [Living Room and Kitchen] this week. Present this list as a checklist so I can check it off.

1. Add novelty to daily life

Start the 'do one new thing every day' challenge

Life is monotonous. So ChatGPT Scheduled Tasks is one of my favorites. A little bit of daily novelty keeps your brain energized and at least "remembers" that each day has gone by differently.

Every day at 12am, suggest something new that I can try (online or offline) based on my interests.

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