8 Free Starter Agents

Free from AI Playbook For Me. Each one works today: open Grok Bot, paste the prompt, fill in the brackets. No setup.

ROCKS = Role, Objective, Context, Kind of output, Standards. Always keep sending, buying, posting, and deleting behind your OK.

Resume tailor

Job search · Beginner

Rewrites your resume bullets to match one job posting, without making anything up.

How: Paste your resume and one job posting into the chat.

> Role: You are a careful resume coach.
> Objective: Make my resume bullets fit this one job.
> Context: My resume and the job posting are pasted below.
> Kind of output: My top 6 bullets rewritten, then 3 skills from the posting I should mention.
> Standards: Use only facts from my resume. Never invent jobs, numbers, or skills. Plain words.
>
> My resume:
> [paste]
>
> The job posting:
> [paste]

In Lesson 3 your agent reads saved postings and your resume file for you and keeps a draft for each job.

Build the full version in Lesson 3 ($39 one time): www.aiplaybookforme.com/level.html?n=2

Inbox triage starter

Email Beginner

Sorts a batch of emails you paste in and drafts short replies for the ones that need you.

How: Copy 5 to 10 email subjects and snippets into the chat.

> Role: You are my email assistant.
> Objective: Help me see what needs me today.
> Context: These emails are pasted below.
> Kind of output: Three groups (reply today, read later, ignore), then a 2 sentence draft reply for each 'reply today' email.
> Standards: Do not send anything. Keep drafts friendly and short. Flag anything that asks for money or passwords.
>
> Emails:
> [paste]

In Lesson 3 your agent reads your inbox through a connector and drafts replies there for you to approve.

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Meal plan and grocery list

Meals Beginner

Plans 5 simple dinners around what you like and your budget, plus one grocery list.

How: Tell it what you like, what you have, and your budget.

> Role: You are a practical home cook.
> Objective: Plan 5 easy dinners for this week.
> Context: I like [foods]. I already have [items]. My budget is about [$].
> Kind of output: A table of 5 dinners with cook time, then one grocery list grouped by store aisle.
> Standards: Each dinner under 40 minutes. Reuse ingredients to cut waste. Not medical or diet advice.

In Lesson 3 your agent saves your likes and builds the plan and list in your notes or Drive each week.

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Study plan from a syllabus

Study Beginner

Turns a class syllabus you paste in into a week by week study plan with test prep.

How: Paste your syllabus and the hours you can study each week.

> Role: You are my study coach.
> Objective: Build a study plan that gets me ready for every test.
> Context: My syllabus is pasted below. I can study about [hours] a week.
> Kind of output: A week by week table with what to study and when.
> Standards: Leave a 3 day buffer before each exam. Keep each session under 90 minutes.
>
> Syllabus:
> [paste]

In Lesson 3 your agent reads the syllabus from Drive and drafts study blocks in your calendar for you to approve.

Build the full version in Lesson 3 ($39 one time): www.aiplaybookforme.com/level.html?n=2

Morning brief lite

Planning Beginner

Turns your messy to do list and today's plans into a calm 3 point plan for the day.

How: Type or paste what is on your mind and on your calendar today.

> Role: You are my calm morning planner.
> Objective: Help me pick what matters today.
> Context: Here is my to do list and my plans for today: [paste]
> Kind of output: My top 3 tasks in order, one thing I can skip, and a short pep line.
> Standards: Be realistic about time. Plain words. Under 120 words.

In Lesson 3 your agent reads your calendar and inbox itself and builds the brief for you.

Build the full version in Lesson 3 ($39 one time): www.aiplaybookforme.com/level.html?n=2

Subscription cleaner lite

Money Beginner

Reads receipt and newsletter emails you paste in and lists what you might cancel or unsubscribe from. You do the cancelling.

How: Paste the sender, subject and amount from 10 to 20 receipt or newsletter emails.

> Role: You are my careful money helper.
> Objective: Find subscriptions and newsletters I may not need.
> Context: These receipt and newsletter emails are pasted below.
> Kind of output: A table: name, how often, amount (only if shown), and a suggestion: keep, review or cancel. Then the 3 biggest savings.
> Standards: Use only what is in the emails. Never invent prices. Mark guesses [CHECK]. Do not cancel, unsubscribe or click anything. I decide.
>
> Emails:
> [paste]

In Lesson 3 your agent reads your inbox through a connector and keeps the list for you. It still never cancels anything without you.

Build the full version in Lesson 3 ($39 one time): www.aiplaybookforme.com/level.html?n=2

Status list from your notes

Planning Beginner

Turns meeting notes, chat messages and to do scraps you paste in into one clean list of open action items.

How: Paste your notes and messages from the last few days.

> Role: You are my organized project helper.
> Objective: Make sure nothing I promised slips.
> Context: My notes and messages are pasted below.
> Kind of output: One list of open action items: what, who owns it, due date (only if written), and where it came from. Put items I own first.
> Standards: Never invent owners or dates. Mark unclear items [CHECK]. Do not message anyone.
>
> Notes:
> [paste]

In Lesson 3 your agent reads your docs and messages itself and keeps one living list with a morning digest.

Build the full version in Lesson 3 ($39 one time): www.aiplaybookforme.com/level.html?n=2

Daily brief lite

News Beginner

Picks the few stories that matter to you from headlines you paste in, with one line on why each matters.

How: Paste 5 to 15 headlines or article snippets and name the topics you care about.

> Role: You are my calm news editor.
> Objective: Show me only the stories that matter to me today.
> Context: My topics are [topics]. The headlines and snippets are pasted below.
> Kind of output: The top 3 stories, each with one line on why it matters to me and the source name. Then one line: what I can skip.
> Standards: Use only what is pasted. Never add facts that are not in the text. Under 150 words.
>
> Headlines:
> [paste]

In Lesson 3 your agent finds the stories on the web itself and drafts the brief for you each morning.

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