HONU

Pocket Assistant

AI help, one step at a time.

50 everyday prompts

iPhone • Android • Other devices



Your first helpful AI setup.

Practical steps for your phone, at your pace.
With a browser route when your device is different.

01 **Get one assistant working**

02 **Try 50 everyday prompts**

03 **Ask Max for setup help**

Free during Honu testing until launch.
Third-party apps have their own plans and limits.

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START HERE

One useful thing. Then the next.

You do not need to learn everything about AI today. Start by opening one assistant and asking it for help with one small task.

First-session checklist: Connect to the internet. Choose one assistant. Install its official app or open its website. Sign in if asked. Send a test question and save a way to open it again.

Choose your route

Your route	Turn to
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Free during Honu testing
This guide and Honu setup help are free during testing until launch. Third-party apps have their own plans, limits and availability. No paid upgrade is needed to try a basic text conversation where a free plan is offered.

Take the time you need. If your screen differs, skip the optional shortcut and use the app icon. Max can help you work out a route for your device.

01 / CHOOSE

Pick one assistant.

Start with the one you can open comfortably. You can change your mind later.

ChatGPT / OpenAI
A starting point for this guide's examples. Open chatgpt.com and follow its official app links, or search your app store and verify the publisher. [1]

Gemini / Google
An option if you want to explore Google's assistant experience on an eligible device. Account, region and device availability vary. Use gemini.google.com. [3]

Claude / Anthropic
Another option for writing and working through ideas. A limited free plan is available in supported locations. Start at claude.ai. [8]

No need to compare every feature
Pick one, try it for a week, and notice what actually helps. A free plan does not mean unlimited use, and the same voice or shortcut features may not exist in every app.

Use your own account. Check the age, country and account requirements shown by the service. For a work or school device, use the tools your organization allows.

02 / IPHONE

Get the basics working.

A Home Screen icon is enough. The clever shortcuts come later.

01 Find the official app

Search the App Store for OpenAI ChatGPT, or follow the app link from chatgpt.com. Check the developer: OpenAI OpCo, LLC. Read the compatibility requirements before installing. [1]

02 Open and sign in

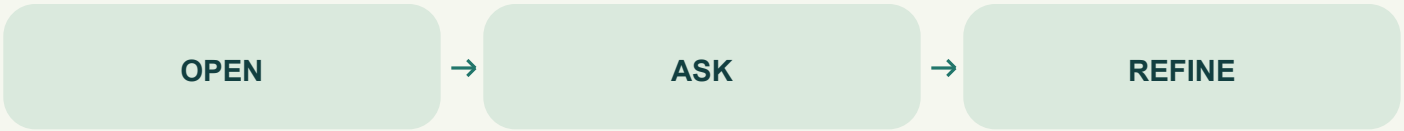
Install the app, open it and follow the account options shown. Choose the free route if offered; you can dismiss optional upgrade offers.

03 Send one test message

Type: "Help me plan one simple thing for tomorrow. Ask me what I need to get done." Read the answer, then reply: "Make it shorter."

04 Keep it easy to find

Move the icon to a convenient Home Screen spot or the Dock. If the Dock is full, move another icon out first.



A simple workflow - not a screenshot of your device.

Checkpoint

Close the app and reopen it from the icon. If you can send another message, your basic setup works. If installation is unavailable, try the browser route on page 8.

02 / IPHONE SHORTCUTS

Make opening it easier.

These are optional. Use only the features your iPhone actually offers.

Start with an Open App shortcut

In Apple's Shortcuts app, add a shortcut, search for the Open App action, select your assistant app and name it "Open my assistant". Run it once to check it opens the right app. An app-specific voice action is optional, if listed. [5]

Back Tap, where supported

Apple documents Back Tap for iPhone 8 or later with iOS 14 or later. Open Settings > Accessibility > Touch > Back Tap. Pick Double Tap or Triple Tap and select your saved shortcut. Test it while holding the phone normally. [4]

Action Button, if your model has one

If Settings includes Action Button, choose Shortcut, tap Choose a Shortcut and select the shortcut you tested. A model without that setting can use the Home Screen icon instead. [6]

A shortcut is not a guarantee of voice

Opening an app and starting a voice conversation are different actions. If a voice action is not available, open the app first, then choose its Voice control. See page 9.

Siri may be able to open an installed app when you ask. You do not need Apple Intelligence or a special Siri integration to complete this guide. If a gesture is uncomfortable or unreliable, keep the icon route.

03 / ANDROID

Set up your Android.

Samsung, Pixel, Motorola and other Android phones can show different menus. That is normal.

01 Find the official app

In Google Play, search for OpenAI ChatGPT and check that the publisher is OpenAI. You can also follow the official mobile app link from chatgpt.com. Check the listing's requirements. [1]

02 Open it and choose an account

Install the app if it is available, then follow its sign-in options. Do not choose a paid plan just to follow this guide.

03 Try a small question

Type: "I have 20 minutes to tidy up. Give me three tasks, one at a time." Follow up with: "Make the first task easier."

04 Add a Home Screen icon

Open your app list, touch and hold the assistant icon, and place it on the Home Screen if your launcher offers that option. Widgets are optional and depend on the app and launcher.

Checkpoint

Lock and unlock the phone, open the icon and send another message. If the basics work, you can stop here. A missing Play Store or an unavailable app is a reason to try page 8, not to install a random download.

03 / ANDROID SHORTCUTS

Choose a shortcut that fits.

An assistant app does not need to become your phone's default assistant to be useful.

Safest starting point: the icon

Keep the working Home Screen icon. You can try a widget if the app appears in your launcher's Widgets list. If it is missing, the icon is a complete setup.

Gemini as a mobile assistant

On eligible devices, Google says the Google app must be the default assist app for Gemini's mobile-assistant role. In Settings, look under Apps > Default apps > Digital assistant app; names can vary. Select the Google app if appropriate, then follow Gemini's own setup prompts. [3]

Power buttons and voice activation vary

On supported setups, a long press of the power button, a corner gesture or an enabled "Hey Google" can open Gemini. Follow the options shown on your own phone; do not assume your power button is already configured. [3]

A different assistant is not listed?

Do not force a default-assistant change. Continue using its app icon. Send Max the model, Android version and the feature you want help with. We can check the available options together.

Work profiles, parental controls and manufacturer settings can restrict these choices. Ask the device administrator before changing managed settings. You do not need to bypass those controls.

04 / DIFFERENT DEVICES

Your device does not have to match.

Foldables, tablets, older phones, unusual launchers and accessibility setups need a route that fits the person using them.

01 Try the browser first

Use an up-to-date browser and open the assistant's official site from page 3. Sign in if asked, then try a short typed message. A working text conversation is the first goal; voice and shortcuts may be unavailable.

02 Save a simple way back

A browser bookmark is enough. On iPhone Safari, use Share (sometimes inside Page Menu) > Add to Home Screen, then follow the options shown. In Android Chrome, a compatible site may offer More > Install and create shortcut > Install. Otherwise keep a bookmark. [7, 9]

03 Describe what makes your setup different

Tell Max the device make/model, software version, app or browser, and what you want it to do. You can include one cropped screenshot with private information hidden. Use the template on page 18.

No compatibility promises

A browser fallback still depends on the device, service, region and account. Watches, e-readers, managed devices or devices without a current browser may need a different solution. Ask before buying hardware or changing your setup.

For bigger text, speech access or one-handed use, describe what would make the device easier to use. Share the access preference, not medical details. We can look for an appropriate built-in option.

05 / VOICE

Talk when it helps. Type when it does not.

Voice is optional. You have a working assistant even if you prefer typing.

A voice conversation

In ChatGPT, select the Voice control beside the message area, allow microphone access if you want it, and choose a voice if prompted. Speak normally, then use the exit control to finish. The available experience and limits depend on your account and app version. [2]

Dictation is different

The microphone on your keyboard usually turns speech into text. Check the words before sending. A voice-conversation control is for a spoken back-and-forth. If you cannot tell which is which, start by typing.

If the microphone does not work

Check the app's microphone permission in your phone settings. If you use a browser, check the site's microphone permission too. Confirm the phone's microphone is not muted and that headphones have not become the active input.

Try this in a quiet, stationary place

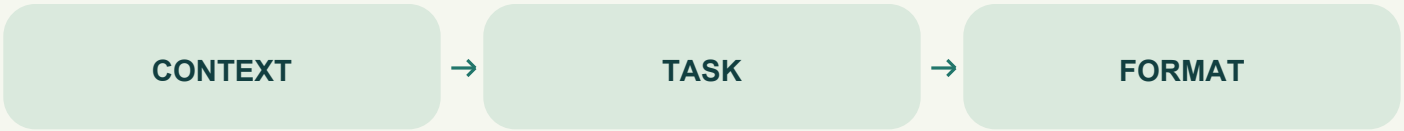
"I am learning to use this. Speak slowly and give me one step at a time." Keep the text version available so you can review the answer. Put the device away while driving.

A voice limit is not a broken phone. If a free allowance is used up, switch to text if available or wait for the service's reset. Do not upgrade just because a screen looks urgent.

06 / BETTER QUESTIONS

Give it a little context.

Use three pieces: who you are in this task, what you need, and how you want the answer.



A simple workflow - not a screenshot of your device.

A vague request
"Write an email." The assistant has to guess the situation, tone and length.

A more useful request
"I am arranging a meeting with my child's teacher. Draft an email asking to move it to Thursday. Keep it warm, under five sentences, and leave names as placeholders."

Keep the conversation going
Try "Shorter", "Use simpler words", "Give me two options", "Ask me what you need to know first", or "What part of that should I double-check?"

Treat the first answer as a draft. AI can invent facts and misunderstand your situation. Verify important dates, names and instructions. For health, legal or financial decisions, check reliable sources and get qualified help when needed.

AI does not automatically send messages, set reminders or remember every detail just because you ask. Check that a real tool is connected and that you have confirmed the action. Otherwise copy the useful draft into the app you already use.

07 / PROMPTS 1-10

Daily life

50 starting points for everyday help. Change the words to fit your life.

01	Turn this non-sensitive brain dump into a short priority list: [tasks]. Ask me which deadline matters most.
02	I have [time] on Saturday and these errands: [list]. Make a realistic plan with a break.
03	Help me build a 20-minute morning routine. My fixed departure time is [time].
04	Suggest a simple way to track [appointments or chores] using my phone. Explain the setup; do not claim you set reminders for me.
05	Plan a small [event] for [number] people within [budget]. Separate essential costs from optional extras.
06	Make a packing checklist for [days] in [place] in [month]. Flag anything I should verify before travel.
07	Here is my week: [tasks]. Help me choose what to keep, postpone or delegate.
08	Create a cleaning plan with 15 minutes a day. Start with the room that bothers me most: [room].
09	Suggest five inexpensive activities for an evening at home, based on [interests].
10	Turn these notes into a checklist with a clear first step: [non-sensitive notes].

Copy a prompt, replace the brackets, and keep private details out. Follow up with "Make it simpler" or "Ask me one question first".

07 / PROMPTS 11-20

Meals & groceries

50 starting points for everyday help. Change the words to fit your life.

11	Plan five dinners for [people] within [approximate budget]. Keep cooking under [time] and avoid [allergens or foods].
12	Turn the meal plan into a grocery list by aisle. Put ingredients I may already have in a separate section.
13	I have [ingredients]. Suggest three dinner ideas and tell me what else each one needs.
14	Suggest five lunches I can prepare ahead. Include storage questions I should check with a reliable food-safety source.
15	My child likes [foods] and avoids [foods]. Suggest five meal ideas without hiding ingredients or ignoring allergies.
16	Scale this recipe from [servings] to [servings]: [recipe]. Show the quantities and flag anything that may not scale evenly.
17	What could replace [ingredient] in [dish]? Ask about allergies and explain how the result might change.
18	Suggest five breakfasts that take under five minutes, using [ingredients].
19	Plan two ways to use leftovers from [meal]. Include which ingredients I need to buy.
20	Compare these two meal plans for effort and ingredient overlap: [plans]. Do not invent current shop prices.

Copy a prompt, replace the brackets, and keep private details out. Follow up with "Make it simpler" or "Ask me one question first".

07 / PROMPTS 21-30

Messages & writing

50 starting points for everyday help. Change the words to fit your life.

21	Draft a polite text about [household issue]. Use placeholders for names and addresses.
22	Help me reply warmly but firmly to this message: [redacted text]. Keep the reply under [length].
23	Make this note clearer and more professional without changing its meaning: [redacted text].
24	Give me three kind ways to decline [request], without inventing an excuse.
25	Write a short thank-you note for [reason]. Keep it natural and specific.
26	Summarize this redacted email in three bullets, then list anything I need to answer: [text].
27	Draft a message requesting [time off or schedule change]. Leave dates and names as placeholders.
28	Fix spelling and grammar in this text. Show any edits that change the meaning: [text].
29	Draft a calm complaint about [problem] asking for [reasonable outcome]. Do not add facts I have not supplied.
30	Write three birthday messages for [relationship]: one warm, one funny and one short.

Copy a prompt, replace the brackets, and keep private details out. Follow up with "Make it simpler" or "Ask me one question first".

07 / PROMPTS 31-40

Money & family

50 starting points for everyday help. Change the words to fit your life.

31	Using made-up or rounded numbers, help me organize a monthly budget. Separate fixed bills, flexible spending and savings.
32	Suggest ten spending categories I could review. Ask which changes would be realistic for me.
33	Explain [money term] in plain language with a fictional example. Point out what varies by country or provider.
34	Write a short script for asking my service provider about a lower-cost plan. List questions before any commitment.
35	Help me compare a savings goal of [amount] with a deadline of [date]. Show the arithmetic and assumptions.
36	What questions should I ask before agreeing to [phone plan or subscription]? Include total cost, cancellation and renewal.
37	Explain [school topic] in age-appropriate language. Ask one practice question at a time; do not simply do the assignment.
38	Suggest ten screen-free activities for a rainy afternoon with children aged [ages].
39	Create a simple chore chart for [household]. Keep the tasks suitable for each person's age and abilities.
40	Help me plan a family weekend around [interests]. Mark opening times and prices as things I must verify.

Copy a prompt, replace the brackets, and keep private details out. Follow up with "Make it simpler" or "Ask me one question first".

07 / PROMPTS 41-50

Work & learning

50 starting points for everyday help. Change the words to fit your life.

41	Write a bedtime story about a fictional [character] learning [lesson]. Do not use a real child's personal details.
42	Suggest a calm opening sentence for discussing [everyday disagreement]. Keep it respectful and avoid guessing motives.
43	Quiz me on [topic] one question at a time. Explain my mistakes before moving on.
44	Suggest a simple at-home celebration for [age group], with low-cost activities and a preparation checklist.
45	Improve this resume summary using only the experience I provide: [redacted experience]. Do not invent qualifications.
46	Practice an interview for [role]. Ask one question, wait for my answer and give practical feedback.
47	Turn these non-confidential meeting notes into decisions, open questions and action items: [notes].
48	Suggest realistic project ideas using [skill] and [available time]. Separate ideas from income guarantees.
49	Draft a short post about [project or event]. Use only the facts below and leave unknowns as placeholders: [facts].
50	When I return to this chat, ask for my top three priorities and help me choose a first step. Do not claim you can send me notifications.

Copy a prompt, replace the brackets, and keep private details out. Follow up with "Make it simpler" or "Ask me one question first".

08 / YOUR FIRST WEEK

Small wins beat perfect setup.

Use the assistant for one useful thing a day. Skip anything that does not fit your life.

Day	Try this
1	Open it from your saved icon. Make a short priority list.
2	Draft one message. Read and edit it before sending.
3	Make a meal plan and a grocery list. Check ingredients.
4	Try voice in a quiet place, or use keyboard dictation.
5	Ask for an explanation of something you are learning.
6	Organize a small task or a fictional practice budget.
7	Review what helped. Save your three best prompts.

A real success check
Can you open the assistant easily, ask a useful question, improve the answer and recognize when to verify it? That is progress. More features can wait.

Keep favorite prompts in Notes or another app you already trust. You can start fresh chats for unrelated topics. Do not assume the assistant remembers earlier conversations or will follow up on its own.

09 / WHEN SOMETHING IS DIFFERENT

Try the simple fix first.

Change one thing at a time, then repeat a small test question.

What you see	What to try
No app or unsupported device	Try the official website in a supported browser. If that fails, send Max the device details.
No voice control	Use text first. Check availability and microphone permissions. The icon may differ from illustrations.
Microphone hears nothing	Check app/site permission, mute controls and the active headset input.
A shortcut does not appear	Test Open App first. Keep the icon route if the hardware or app action is unavailable.
Upgrade or limit notice	Read the actual message. Try a free text option or wait for reset if offered. You do not have to purchase.
Answer is wrong or too complex	Ask for a simpler explanation, correct known details and verify important claims elsewhere.
Work or school restriction	Ask your administrator which tools and settings are permitted.

Still stuck?
Email info@chathonu.com with your model, software version and the step that differs. A clear description is more useful than changing lots of settings at once.

10 / HELP FROM MAX

Different device? Let's work it out.

You do not have to figure out an unfamiliar setup alone. Contact Max Spurlock for help finding a practical route for your device.

How I can help

We can check device compatibility, choose an app or browser route, work through installation and permissions, and set up a convenient way to open your assistant. If you need bigger text, simpler controls or another access option, tell me what would help.

Reach out directly

Max Spurlock
info@chathonu.com
chathonu.com - contact form
Guide and setup help are free during testing until launch. We will agree the scope and an available next step before any session. No response-time or universal-compatibility guarantee.

Copy this into your email

Subject: Pocket Assistant setup help
Device make and model: [for example, a foldable phone or tablet]
Software version: [iOS, Android or other version]
App or browser: [name and version, if known]
What I want to do: [my goal]
Where I got stuck: [step, message or missing option]
Access preference: [typing, voice, larger text or another need]

On iPhone, look in Settings > General > About for the model and software version. On Android, search Settings for About phone or About tablet. Share those fields only: hide serial numbers, IMEI and private notifications in any screenshot.

Keep passwords, sign-in codes, recovery codes and payment information private. You handle sign-ins and permission approvals on your device. Email starts the conversation; it does not give anyone remote access.

11 / PRINT OR SAVE

Your pocket cheat sheet.

One page to keep nearby. The simplest setup is the one you will actually use.

OPEN
Use the icon or saved website. Optional gestures come after a working basic setup.

ASK
"I am [context]. Help me [task]. Give me [format]. Ask me one question if something is missing."

REFINE
"Shorter." "Simpler." "Two options." "One step at a time." "What should I verify?"

CHECK
Review facts, dates and recipients before using an answer. A draft is not a sent message, and a suggested reminder is not a scheduled reminder.

PROTECT
Leave out passwords, codes, account numbers and other people's private details. Read permission requests before accepting them.

GET HELP
Different device or missing setting? Contact Max Spurlock: info@chathonu.com
Send: device model + software version + app/browser + goal + the step that differs.

REFERENCE / NOVEMBER 2026

Keep the guide. Check the current menu.

Official guidance was checked on November 8, 2026. Device menus, app features, plans and availability can change.

[1] OpenAI: official mobile app and compatibility

[2] OpenAI: Voice controls, access and limits

[3] Google: Gemini mobile setup and eligibility

[4] Apple: Back Tap requirements and settings

[5] Apple: create shortcuts; available app actions

[6] Apple: Action Button shortcut setup

[7] Apple: add a Safari website to Home Screen

[8] Anthropic: Claude plan availability

[9] Google: Chrome web apps on Android

These are practical starting routes, not a claim that every model or region was tested on physical hardware. Illustrations are conceptual artwork, not screenshots of a particular app or phone.

Pocket Assistant is a Honu guide by Max Spurlock. It is not affiliated with Apple, OpenAI, Google or Anthropic. Their names identify the tools discussed; their services follow their own terms and privacy settings.

A little help goes a long way
Start small. Keep the parts that help. If your device needs a different route, email info@chathonu.com.