

THE 20-MINUTE MOM BUSINESS BLUEPRINT

How an Ex-Chemical Engineer
Mom of 3 Turns 4 Hours of
Digital Business Work Into
20 Minutes a Day Using AI

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MY STORY

From Chemical Engineering to Mom of 3:

Why I Stopped Hustling and Engineered a 20-Minute System Instead.



THE 20-MINUTE TECH STACK

1.

The AI Brain
(ChatGPT/Claude System
Prompts)

2.

The 60-Second Studio
(Instagram Edits HD
Formula)

3.

The Automated Cashier
(Beacons + DM
Automation)





QUICK WIN

COPY-PASTE AI PROMPT

Generate 3 viral Puzzle Hooks in 60 seconds.

Act as a short-form content strategist. Generate 3 viral Puzzle Hooks for a mom-led digital business. For each hook, give me: 1) a curiosity-driven opening line, 2) a simple puzzle or pattern interruption, and 3) one clear call to action. Keep each hook concise, specific, and easy to turn into a short Instagram video.

THE 20-MINUTE MOM BUSINESS LAB

\$37 launch price · then ~~\$47~~

LAUNCH WEEK ONLY

You've seen the blueprint. The Lab gives you the whole system, ready to use: the prompts, the hooks, the scripts and the editor.

01

The 20-page Playbook

Step by step, with worksheets and a 30-day sprint

02

The AI Studio app

6 prompts that personalize to you + 52 Puzzle Hooks

03

The comment-to-DM funnel

ManyChat DMs + a 5-day email sequence to copy

04

The 1-click Reels auto-editor

Cuts pauses, warms your colors, levels your voice



Get the Lab: tap the link in my bio **@momlearnstech**

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