

Five AI Superpowers

A practical prompt guide for clearer thinking, better decisions, and faster learning

This handout summarizes five high-value ways to use AI during everyday work and life. Use the examples as starting points, then adapt each prompt with your own context, constraints, and desired outcome.

1. ELI5

What it does: Explains complex information in simple, plain language without unnecessary jargon.

Best for: Medical reports, insurance documents, phone bills, technical instructions, and unfamiliar concepts.

Try this prompt: ELI5: Explain this MRI report in plain English. Highlight the main finding, what it means, and what questions I should ask my doctor.

2. Steelman

What it does: Builds the strongest possible case for an opposing view or alternative decision.

Best for: Major purchases, career choices, negotiations, family decisions, and avoiding confirmation bias.

Try this prompt: Steelman the case for keeping my 12-year-old car. Then identify which objections to replacing it still survive.

3. Pre-Mortem

What it does: Assumes a plan has already failed, then works backward to uncover likely risks and blind spots.

Best for: Trips, projects, events, large purchases, launches, and any plan with moving parts.

Try this prompt: Pre-mortem: My vacation failed. List the most likely reasons, early warning signs, and prevention steps.

From an original article by Kim Komando 2026

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4. 🛡️ Red Team

What it does: Tests an idea, system, or plan by looking for weaknesses before they become real problems.

Best for: Home security, passwords, scam protection, presentations, policies, and important decisions.

Try this prompt: Red team my online security. Identify the easiest ways a scammer might target me and the top actions I should take first.

5. ❓ Socratic

What it does: Helps you learn by asking one question at a time and guiding you toward the answer.

Best for: Learning software, studying history, preparing for tests, practicing reasoning, and building confidence.

Try this prompt: Teach me Microsoft Excel using the Socratic method. Ask one question at a time and adjust based on my answers.

Mix and Match

Combination	Use it when you want to...
ELI5 + Socratic	Learn a topic step-by-step in plain language.
Pre-Mortem + Red Team	Find hidden risks before they become expensive problems.
Steelman + ELI5	Understand both sides of an issue clearly and simply. Key takeaway: The best AI results come from clear intent. Tell the tool what role to play, what outcome you want, what context matters, and how you want the answer formatted.

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