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Muse UK starter sheet

12 prompts for Christmas, bills, family and travel. What to connect, what to keep back, and how approval works.

Please note: we have not tested these prompts in Muse. We wrote them from Meta's published information on 24 November 2026. Not made by or connected with Meta.

Before you start: two minutes

1. **Decide on AI training.** The setting that lets Meta use your chats to improve its AI is on when you start. Turn it off: Settings, then Data controls. The change also covers earlier chats. [2] [3]
2. **Choose how often it checks in.** You set this in Settings. Purchases need your approval every time. [2]
3. **Check what is joined already.** Facebook, Instagram and Threads connect automatically if they are in the same Accounts Centre. [2]
4. **Know the basics.** 18 and over in the UK. iOS, Android, muse.ai and WhatsApp. Free, with paid plans for more use. [1]

12 prompts to copy

Change the words in [brackets]. Each prompt plans first and stops before it spends, books or sends.

1 Christmas

The family gift list

Make a gift plan for [5 people: name, age, one thing they like]. Total budget £[200]. Give me two ideas each with the price, the shop and the last order date for delivery before 24 December. Put it in a table with a running total. Do not buy anything.

2 Christmas

Compare one present

Find [exact product] from UK shops. Compare total price with delivery, delivery date and returns policy. Link each page you checked. Tell me what you could not check. Do not buy anything.

3 Christmas

Christmas dinner, backwards

Plan Christmas dinner for [8] with [1 vegetarian, 1 nut allergy]. Give me one shopping list by aisle, and a cooking timetable that ends at [2 pm]. Flag every item that needs an allergy check on the label. Do not order anything.

4 Christmas

Secret Santa

Find ten Secret Santa gifts under £[10] from UK shops for [a colleague who likes plants]. Show the price with delivery and the delivery date. Do not buy anything.

5 Christmas

Who is sleeping where

Make a page I can share with the family for [23–27 December]: who arrives when, who sleeps where, who brings which food. Guests: [list]. Ask me for anything that is missing. Do not message anyone.

6 Bills

A cheaper energy deal

I use [X] kWh of electricity and [Y] kWh of gas a year, postcode area [first half only]. Compare tariffs I could switch to. Show yearly cost, exit fee and contract length, and the page each number came from. Do not switch or fill in any form.

7 Bills

Renewal check

Make a list of my renewals from the dates I paste here: [car insurance, broadband, phone]. Add a reminder 26 days before each one. Draft, but do not send, a message that asks for a better price.

8 Bills

Chase a refund

Help me chase this refund: [shop, order date, amount, what happened]. Draft one polite email. List what proof I need. Show me the email first. Do not send it.

9 Family

School calendar

Here are the school dates: [paste]. Turn them into calendar entries for December and January. List every day that needs money, costume or food. Show me the list before you add anything.

10 Family

The costume emergency

My child, age [6], size [6–7 years], needs to be [a sheep] on [date]. Give me one version from things we have at home and one under £[12] that arrives in time. Do not buy anything.

11 Travel

Train and flight options

Find ways from [A] to [B] on [date], back by [time]. Show the total price with bags and seat fees, and the changes. Give me the three best, and say why. Do not book.

12 Travel

Holiday from saved Reels

Look at my saved travel Reels about [place]. Make a [4]-day plan with a map order, opening hours and a price for each stop. Mark anything that you could not confirm. Do not book.

What to connect first

The order is our advice. The facts have a source number.

1. **Nothing.** Start with prompts 1, 2 and 3. They need no personal account.
2. **Calendar**, for the school dates. [1]
3. **Email, read only.** You can let it read email without letting it send. [2]
4. **One shop** that works with it. Meta names M&S, Currys, Argos, Sainsbury's, ASOS, Debenhams Group, Ocado Retail, JD Sports, Trainline, easyJet and Jet2, among others. What works differs by shop. [1]

What to keep back

This list is our advice.

- Bank logins. Five large UK banks reportedly block outside AI agents from customer accounts [6], so check your bank's rules.
- One-time codes, passwords and card numbers typed into the chat.
- Other people's private details. Names in emails and invites you connect can reach Muse [2] [4].
- Medical, legal or work files that you are not free to share.

How approval works

- Before it sends an email or buys something, Muse shows what it will do and waits. [2]
- Purchases need a yes every time. For other tasks you can let it continue without asking. [2]
- Each yes covers only what you approved. You can remove access later. [2]
- Payment can go through Link by Stripe, which makes a unique digital version of your card, or Shop Pay in supported shops. [1]
- It keeps a record of what it did and what it plans to do. You can watch it use the web and take over. [2]

Our 10-second check before you tap yes: right shop, right item, total with delivery, date, address, returns.

Know the limits

- Meta says: “No automated system is perfect, so review Muse’s activity”. [3]
- Amazon said in September 2026 that it had cut Muse off from shopping on Amazon.com. [5]
- Emails and web pages can hide instructions meant to trick an agent. Meta says Muse uses several protections, and that this is an open problem in the industry. [3] [7]
- Meta says Muse chats are not shared with its ad systems. [1] [3]

Sources

1. Meta: Introducing Muse in the UK (23 Nov 2026)
2. Meta: Muse does the work, you stay in control (23 Nov 2026)
3. Meta Help Centre: privacy, safety and security (read 24 Nov 2026)
4. Meta Help Centre: people who don’t use Muse (read 24 Nov 2026)
5. GeekWire: Amazon blocks Muse (20 Sep 2026)
6. The Paypers: UK banks reportedly block AI agents (10 Nov 2026)
7. Meta: How we built safety into Muse