# Worksheet: prompt practice

This worksheet will guide you through various scenarios where you can use AI to assist with personal growth, creativity, and problem-solving. For each exercise, write a prompt, receive a response from an AI assistant, and reflect on the outcome. Try to refine your prompts to get better results, and write down your thoughts along the way.

## Exercise 1: AI as a Personal Fitness Trainer

**Scenario:** You've been wanting to get into shape but don't have a specific workout plan in mind. You want to create a weekly fitness routine tailored to your goals, whether it's strength training, cardio, or flexibility.

**Exercise:** Ask the AI to design a customized workout plan for the week based on your fitness level, goals, and equipment available at home or at the gym.

| Your prompt: | AI's response (summary): |
|---|---|
|  |  |

Did the AI understand your fitness goals? Was the plan appropriate for your fitness level? What would you change in the prompt to get a more tailored workout routine?

**Reflection:**

## Exercise 2: AI for Recipe Creation

**Scenario:** You've been wanting to experiment with new meals but are tired of following standard recipes. You decide to create a unique dish with the ingredients you already have at home.

**Exercise:** Ask the AI to generate a creative recipe for dinner based on a list of ingredients you have in your fridge and pantry. Challenge it to create something original, like a fusion dish or a meal from a specific cuisine.

| Your prompt: | AI's response (summary): |
| --- | --- |
| | |

Did the AI suggest something creative? Would you actually cook the dish? How could you make your prompt more specific or creative?

### Reflection:

## Exercise 3: AI as coach for writing a personal letter

**Scenario:** You want to write a meaningful letter to a friend or family member but are having trouble getting started. You want to express gratitude, share a memory, or offer support, but you're not sure how to phrase it in a heartfelt way.

**Exercise:** Ask the AI to help you write a personal letter, providing details about what you want to say and the emotions you want to convey. Test its ability to help you craft something touching and genuine.

| Your prompt: | AI's response (summary): |
|---|---|
|  |  |

Did the AI help you express your feelings well? Was the tone appropriate for the relationship? How could you improve the prompt to get a more personalized letter?

**Reflection:**

## Exercise 4: Explaining a complex topic

**Scenario:** Your 8-year-old niece asks you how plants grow, and specifically what photosynthesis is. You vaguely remember learning about it in school, but you're not exactly an expert. You want to break down the concept in a simple and fun way that she'll understand... without revealing that you might need a refresher yourself.

**Exercise:** Write a prompt to an AI assistant asking for help to explain photosynthesis in a way that's simple and engaging.

| Your prompt: | AI's response (summary): |
|---|---|
| | |

Was the explanation simple enough for a child? Was the response engaging and fun? How would you revise the prompt to get a clearer or more age-appropriate explanation?

### Reflection:

## Exercise 5: Final reflection

As we wrap up our exercises, it's important to think about how we can improve our interactions with AI. Reflecting on what worked well and what didn't can help us refine our prompting skills. By identifying the techniques that were most effective in getting better responses, we can become more confident in using AI to assist us in everyday tasks. Let's take a moment to consider what strategies helped you get the results you wanted and how you can apply these lessons in the future.

### How did the AI responses meet or exceed your expectations? In what ways did they fall short?

### What techniques did you find most effective for refining your prompts and getting better responses?

## Bonus exercise: Experiment and explore

**Experiment:** Try rewriting one or more of your prompts with more detail or a different focus, vary the tone, play around with different perspectives or adjust your audience! See how the AI's responses change.

**Explore:** Consider other areas of your life where AI could assist. Write a new prompt and test it out.