

AI Made Simple

5-Day Course Workbook

For Non-Techies & Lifelong Learners

Name: _____

Date: _____

This workbook is designed to accompany your 5-day journey into the world of AI. Use these pages to record your thoughts, track your progress, and plan your next steps with artificial intelligence tools.

How to Use This Workbook:

1. Complete each day's exercises after reading the corresponding guide section
2. Use the reflection spaces to record your thoughts and insights
3. Check off completed tasks to track your progress
4. Return to these notes as you continue your AI journey

Day 1: AI Basics with Poe.com

Your First AI Conversation

Write down 3 questions you asked the AI and summarize the responses:

Question 1: _____

Response summary: _____

Question 2: _____

Response summary: _____

Question 3: _____

Response summary: _____

Reflection

What surprised you most about your AI conversation?

Day 2: AI for Art with Craiyon.com

Your Image Prompts

Record the prompts you used and describe the results:

Prompt 1: _____

Description of image generated: _____

Prompt 2: _____

Description of image generated: _____

Prompt 3: _____

Description of image generated: _____

Prompt Improvement

How did you improve your prompts to get better results?

Day 3: AI Automation with IFTTT

Your Automation Ideas

Describe 2 automation applets you created or plan to create:

Applet 1:

IF THIS:

THEN THAT:

How this will help me:

Applet 2:

IF THIS:

THEN THAT:

How this will help me:

Daily Tasks to Automate

List 3 daily tasks in your life that could be automated:

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Day 4: AI Productivity with Taskade

Your AI-Assisted Project Plan

Outline a project you created or plan to create with Taskade:

Project Title: _____

Project Goal: _____

Main Tasks:

☐ Task 1: _____

☐ Task 2: _____

☐ Task 3: _____

☐ Task 4: _____

☐ Task 5: _____

Productivity Reflection

How did AI help improve your productivity with this project?

Day 5: AI for Learning with HuggingFace

Your Learning Exploration

Record 3 interesting AI demos you explored and what you learned:

Demo 1: _____

What I learned: _____

Demo 2: _____

What I learned: _____

Demo 3: _____

What I learned: _____

Future Learning Goals

What AI topics would you like to explore further?

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Your AI Action Plan

30-Day Implementation Plan

Plan how you'll incorporate AI tools into your daily life over the next month:

Week 1 Goals:

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Week 2 Goals:

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Week 3 Goals:

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Week 4 Goals:

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Final Reflection

What was your biggest takeaway from this 5-day AI course?
