AI Hero Academy Welcome & My Goals
Top 5 recurring tasks I want AI to help with:
1.
2.
3.
4.
5.

My top 3 goals for today:
1.
2.
3.

Module 1 s pace:
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What I need to start this week:
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Module 2 Understanding AI
One claim I tested:
How I verified it:
What I found:

Module 4 Choosing Tools
My primary tool:
My research/verification tool:
My decision rule:
If task is   , I use   because

Module 6 5):
Improvements:

Prompt test #2:
Output quality (1 Productivity Superpowers
Email prompt Ill reuse:

Document/report prompt I Creative Work
My voice markers to keep:
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Phrases to avoid:
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Module 9 Safety + 30-Day Capstone
Hallucination red flags:
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My verification checklist:
1.
2.
3.
4.

30-Day Plan
Week 1:
Week 2:
Week 3:
Week 4:

Hours saved tracker:
Week 1:
Week 2:
Week 3:
Week 4:
Total:

Commitment statement:
Signature: _____