

## Day 29 of my #30DaysOfAI journey — reflection time!

### 1) How has your relationship with AI changed over 30 days?

**Day 1 you vs. Today you:** What's different? What you expected AI to be vs. what you discovered it actually is? How you interact with it differently now?

What shifted in how you think about AI's role in your work and creativity?

**Me:**

#### Day 1 you vs. Today me:

**What's different?** On Day 1 I honestly thought AI was just a fancy spell-checker. My big asks were things like: “Copilot, can you make this better English for me?” or “Translate this into Sweedish” (yes, with two e’s 🙄).

**What I expected AI to be vs. what I discovered it actually is and how I interact with it differently now?** Fast forward 30 days or so and now see AI as my co-designer, my debugging partner, my brainstorming sparring mate and occasionally my therapist when things broke for the first time.... “..but why can’t I see that and here’s the screenshot?”

**What shifted?** I stopped treating AI like a vending machine (“press button, get answer”) and started treating it like a teammate or friend to say how I felt and vent my frustrations but also to say “..thanks and I now get it ... that worked great..”. I’ve certainly learnt how to prompt better, build faster and reflect deeper.

I can see that AI hasn’t replaced me but is more of a useful partner I can ask anything (home or work related) to help me solve or figure out things. It’s helped me turn frustration into breakthroughs and ideas into a portfolio I’m genuinely proud of.

Day 1 me: cautious, curious and slightly sceptical.

Day 30 me: ecstatic, reflective, and already thinking about what to build next.

## 2) What can you build now that felt impossible on Day 1?

Be specific. Don't say "more things" or "better things." that seemed completely out of reach when you started. Dig into:

- A specific moment when you realized "wait, I can actually do this"
- The first time something complex actually worked
- What you now tackle without hesitation that would have stopped you before

**Me:**

### **Personal Reflection Draft (Day 21 Breakthrough)**

On Day 21, I had one of those “*wait... I can actually do this*” moments. I built a smart AI workflow in Zapier that allows me to enter a date range, automatically pulls Bank of England News & Publications (based on my date range) and then emails them straight to me.

Certainly an improvement from Day 1, going from asking Copilot to tidy up my English or translate into “Sweedish” (still smiling at that typo) to wiring up a multi-step automation that actually worked end-to-end.

That was the first time something complex clicked into place. Watching the workflow run and seeing the email arrive was a genuine “*Get in!!*” moment — proof that I wasn’t just experimenting anymore, I was building.

Since then, I’ve tackle things that would have stopped me cold before:

- Setting up integrations across tools without hesitation
- Debugging logic flows instead of panicking when they break
- Thinking in terms of systems and automation, not just isolated tasks

Day 21 showed me that AI isn’t just about prompts, it’s about building smart, connected solutions and once you’ve had that breakthrough, you stop doubting whether you can do it and start asking, “*What else can I wire up next?*”

### 3) What surprised you most about this process?

Explore:

- Your biggest "I didn't expect that" moment
- What turned out easier or harder than anticipated
- Where you found unexpected joy, frustration, or insight

**Me:**

My biggest "*I didn't expect that*" moment came on **Day 3** when I started using NotebookLM. Suddenly, I wasn't just asking AI to tidy up text, I was generating podcasts, videos, quizzes, and even mindmaps. It felt like opening a door into a whole new creative toolkit I didn't know existed.

The real jaw-dropper was showing a friend what it could do. He uploaded his CV, turned it into a video, and posted it straight to LinkedIn. Watching that happen made me realise: this isn't just about experimenting, it's about transforming how we present ourselves and our ideas.

**What turned out easier or harder than anticipated?** Day 3 using NotebookLM (as above) but hardest was definitely Day 21 with n8n AI Agent. I had so many issues including n8n not connecting to OpenAI, finding out that SWIFT website had anti-bot protections (so I couldn't do what I wanted from SWIFT site) resulting in running out of credits!

**Where you found unexpected joy, frustration, or insight?** However, I had a real joy when I managed to get what I wanted to work using Zap instead!

#### 4) What's one thing you learned that you didn't expect to learn?

Consider:

- A skill or mindset
- Something about your own creative process or working style
- A shift in how you think about technology, creativity, or capability

**Me:**

**A skill or mindset:** Being able to create my own Apps and websites (using Loveable and Bolt) has been a real revelation which has certainly changed my mindset. Also having to post on LinkedIn (something I don't tend to do) has been a real confidence booster!

**Creative process / Style:** Somewhere along the way, I realised AI isn't just a tool I *use*, it's a partner I *collaborate* with. That shift changed my creative process completely. Instead of sitting there thinking "I have to get this perfect before I ask," I started treating AI like a peer / partner being able to brain storm half-formed ideas, see what comes back, then refine together.

**Shift in how I think about technology, creativity, or capability:** I didn't realise how much was out there that you can use to automate tasks and being able to build own sites. Day 28 (reflections) really made me realise how much is out there. I've now use Google AI Studio to generate personalised birthday cards, 'great granny' picture etc and post on Facebook, which is a real shift for me!

## 5) What's your proudest moment?

Maybe it's:

- Something you created that you didn't think you could
- A mental barrier you broke through
- A discovery that changed how you see yourself

**Me:**

If I had to pick one proudest moment from this journey, it would be Day 21 when I built a smart AI agent in Zapier that could take a user's date range, pull Bank of England publications and email them to me.

On Day 1, that would have felt impossible. I didn't think I had the skills to wire up something so complex, let alone get it working end-to-end. But when the workflow ran successfully for the first time, I had that "*Get in!!*" moment, proof that I could actually build something practical and powerful with AI.

It wasn't just about the automation itself, it was about breaking through a mental barrier: moving from "AI is a helper" to "AI is a teammate I can collaborate with." That discovery changed how I see myself. I'm not just experimenting with prompts anymore, I know there's someone (well AI), I can ask and not be embarrassed if the question sounds stupid!

That's what makes me proud: not just the artifact, but the shift in confidence. I now approach challenges with curiosity instead of hesitation and I see myself as someone who can learn, adapt, and create in ways I never imagined at the start.

What really makes me proud isn't just the thing I built, it's the confidence I gained along the way. Somewhere in these 30 days I started to see myself differently: as someone who can learn, adapt and create in ways I never thought possible back at the start.

## **6) Six months from now, a year from now, what do you want to carry forward?**

Not every lesson needs to stick, but some insights are worth holding onto. Which ones matter most to you?

**Me:**

I'm sure that in 6 months or even before, not everything will stick. I think being forced to do these task daily (ok some took me far longer to do than 30 minutes) and generating Day 28 site, this did make me reflect on what I had done and achieved. On this site, I added as many bits of information (CRISP, DIG, GIGO and some of my own Apps / prompts) as I could so can use this to refer back to. Once of the things I've really enjoyed is being able to share what I've learn with others, including:

- friend generating a CV video in NotebookLM
- automating and selecting Bank of England News & Publications based on data ranges
- Team Location Planner