

THE AI SURVIVAL KIT

50+ Tools • 20 Prompts • Essential Resources

Your complete guide to thriving in the AI era

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PART 1: ESSENTIAL AI TOOLS

Curated from hundreds of options. Only the ones that actually work.

Writing & Content

- ChatGPT (chat.openai.com) - Best all-around AI assistant
- Claude (claude.ai) - Superior for long-form, nuanced writing
- Jasper (jasper.ai) - Marketing copy specialist
- Copy.ai (copy.ai) - Quick social media and ad copy
- Writesonic (writesonic.com) - Blog posts and articles
- Rytr (rytr.me) - Budget-friendly option
- Grammarly (grammarly.com) - Grammar and clarity
- Hemingway (hemingwayapp.com) - Readability improvement

Coding & Development

- GitHub Copilot (github.com/features/copilot) - AI pair programmer
- Cursor (cursor.sh) - AI-first code editor
- Codeium (codeium.com) - Free Copilot alternative
- Replit AI (replit.com) - Browser-based coding with AI
- Tabnine (tabnine.com) - Code completion
- Amazon CodeWhisperer (aws.amazon.com) - AWS-focused coding
- Sourcegraph Cody (sourcegraph.com) - Code search and understanding

Image & Design

- Midjourney (midjourney.com) - Best quality images
- DALL-E 3 (openai.com) - Integrated with ChatGPT
- Stable Diffusion (stability.ai) - Open source, free
- Leonardo AI (leonardo.ai) - Game/character art
- Canva AI (canva.com) - Design with AI assistance
- Remove.bg (remove.bg) - Background removal
- Upscale.media (upscale.media) - Image upscaling
- Photoroom (photoroom.com) - Product photos

Productivity & Research

- Perplexity (perplexity.ai) - AI-powered research
- Notion AI (notion.so) - Notes and docs with AI
- Otter.ai (otter.ai) - Meeting transcription
- Fireflies (fireflies.ai) - Meeting notes and summaries
- Mem (mem.ai) - AI-powered note-taking
- Elicit (elicit.org) - Research paper analysis
- Consensus (consensus.app) - Scientific research search

Video & Audio

- ElevenLabs (elevenlabs.io) - Voice cloning and TTS
- Runway (runway.ml) - AI video editing
- Synthesia (synthesia.io) - AI avatars for video
- Descript (descript.com) - Video/podcast editing
- HeyGen (heygen.com) - AI spokesperson videos
- Murf (murf.ai) - Voiceovers
- Suno (suno.ai) - AI music generation

Automation & Integration

- Zapier (zapier.com) - Connect apps with AI
- Make (make.com) - Visual automation builder
- n8n (n8n.io) - Self-hosted automation
- Bardeen (bardeen.ai) - Browser automation
- Lindy (lindy.ai) - AI assistants for tasks
- AgentGPT (agentgpt.reworkd.ai) - Autonomous AI agents

PART 2: 20 POWER PROMPTS

Copy, paste, and customize. These work with ChatGPT, Claude, and most AI assistants.

1. The Expert Advisor

Act as a [role/expert]. I need help with [specific task]. My context is [situation]. Give me [deliverable] that is [quality criteria].

2. Break It Down

I want to achieve [goal]. Break this down into a step-by-step action plan with specific milestones. Start with what I can do today.

3. The Critic

Review the following [text/idea/plan] and identify: 1) What's working well 2) Potential weaknesses 3) Specific improvements. Be direct.

4. Explain Like I'm New

Explain [complex topic] to someone who has never encountered it before. Use analogies and examples. No jargon.

5. The Brainstorm

Generate 10 creative ideas for [goal]. Make them diverse - include safe options, wild ideas, and unconventional approaches.

6. Email Transformer

Rewrite this email to be [more professional/concise/persuasive/friendly]. Keep the core message but improve clarity and impact.

7. Content Repurposer

Take this [content type] and adapt it for [platform]. Maintain the key message but optimize for [platform]'s format and audience.

8. Devil's Advocate

I'm planning to [decision]. Argue against this. What could go wrong? What am I not seeing? Challenge my assumptions.

9. The Summarizer

Summarize this [document/article/video transcript] in: 1) One sentence 2) Three bullet points 3) A 100-word summary.

10. Code Explainer

Explain what this code does in plain English. Then suggest improvements for [readability/performance/best practices].

11. Learning Path

I want to learn [skill]. Create a 4-week learning plan with specific resources, exercises, and milestones to track progress.

12. Decision Matrix

Help me decide between [option A] and [option B]. Create a pros/cons analysis weighted by [my priorities].

13. Meeting Prep

I have a meeting about [topic] with [audience]. Prepare: 1) Key talking points 2) Potential questions 3) Desired outcomes.

14. Story Structure

Help me structure a story/presentation about [topic] using [framework: hero's journey/problem-solution/before-after].

15. FAQ Generator

Based on [topic/product], generate 10 frequently asked questions that potential [customers/readers] would have, with answers.

16. Feedback Giver

I need to give feedback to [person/team] about [situation]. Help me structure it using the situation-behavior-impact framework.

17. Process Optimizer

Here's how I currently do [task]. Analyze this workflow and suggest ways to make it faster, more efficient, or automated.

18. Comparison Writer

Create a detailed comparison of [A] vs [B] covering: features, pricing, ideal use cases, pros/cons, and verdict.

19. Headline Generator

Generate 10 headlines for [content] that would make [target audience] want to click. Mix curiosity, benefit, and urgency.

20. Weekly Review

Based on [accomplishments this week], help me: 1) Identify patterns 2) Celebrate wins 3) Set priorities for next week.

PART 3: 4-WEEK AI MASTERY ROADMAP

Week 1: Foundation

- Day 1-2: Set up ChatGPT or Claude account. Complete 10 simple queries to get comfortable.
- Day 3-4: Learn basic prompt structure (role + context + task + format). Practice with 5 work tasks.
- Day 5-7: Document 3 tasks AI helped you complete faster. Calculate time saved.

Week 2: Integration

- Day 1-2: Add one AI tool to your daily workflow (e.g., Grammarly, Otter.ai, or Notion AI).
- Day 3-4: Create 5 custom prompts for your most common tasks. Save them for reuse.
- Day 5-7: Experiment with an image or code AI tool for one project.

Week 3: Optimization

- Day 1-2: Set up one automation (Zapier or Make) connecting AI to your existing tools.
- Day 3-4: Master advanced prompting: chain-of-thought, few-shot examples, role-playing.
- Day 5-7: Teach someone else one AI skill you've learned. Teaching deepens understanding.

Week 4: Expansion

- Day 1-2: Identify 3 new areas where AI could help. Research specialized tools.
- Day 3-4: Build a personal AI workflow document with your best prompts and processes.
- Day 5-7: Set monthly AI goals. Plan your continued learning and experimentation.

PART 4: 10 QUICK AUTOMATION WINS

Set these up this week. Each saves 30+ minutes per week.

1. Email drafts: Use AI to draft responses to common email types
2. Meeting summaries: Use Otter.ai or Fireflies to auto-transcribe and summarize
3. Social scheduling: Use Buffer + AI to batch create a week of posts
4. Research briefs: Use Perplexity to quickly research any topic
5. Code reviews: Use Copilot to review and improve your code
6. Document formatting: Use Notion AI to clean up messy notes
7. Data extraction: Use Claude to extract info from PDFs and documents
8. Customer support: Create a knowledge base that AI can reference
9. Report generation: Use templates + AI to auto-generate weekly reports
10. Learning curation: Use AI to summarize articles and videos you want to learn from

For more AI insights, tools, and strategies:

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