

# THE AI SURVIVAL KIT

50+ Tools • 20 Prompts • Essential Resources

Your complete guide to thriving in the AI era

[futurehumanism.co](https://futurehumanism.co)

# PART 1: ESSENTIAL AI TOOLS

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

## Writing & Content

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

## Coding & Development

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

## Image & Design

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

## Productivity & Research

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

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For more AI insights, tools, and strategies:

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