Your First Small Step with AI

Feel like everyone else already gets this?

You are not behind. You just have not taken the first small step yet. You do not need to learn everything at once. One everyday question is enough.

FIVE TINY STEPS

1. **Pick one free assistant.**
   Why: one place to practice is calmer than trying them all.
2. **Ask it one low-stakes everyday question.**
   Why: a small, ordinary question lets you see how it answers, with nothing important on the line.
3. **Never share passwords, account numbers, or health ID details.**
   Why: a helper does not need your private numbers to be useful.
4. **Double-check anything important.**
   Why: it can be wrong, and a second look keeps you in charge.
5. **Save one prompt that worked.**
   Why: a line that already helped you is the easiest way to start next time.

THREE STARTER PROMPTS

Copy one. Type it in your own words. Leave out passwords, account numbers, and health ID details.

1. "Help me write a short, polite text to reschedule a coffee with a friend."

2. "Give me three simple dinner ideas using chicken, rice, and frozen vegetables."

3. "Explain this phrase in plain English: _____."

Want company on the next step?

Join our free group, Small Steps Big Concepts.
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https://smallstepsbigconcepts.com/join/?ref=printable-ai

Not professional advice. I'm David, a regular guy learning this too.
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