

Free checklist: Choose your first AI skill

Use this once. Pick one skill you can practice this week. Ignore the rest for now. No income promises — just a clear next step.

1) Write your starting point (2 minutes)

- The reader I want to help is: _____
- The problem they already have is: _____
- A useful outcome looks like: _____
- I already understand this world at least a little (yes / mostly / no)

2) Pick one lane (circle one)

Content Brief → outline → draft that still sounds like you	Service One small AI-assisted deliverable, end to end	Product One checklist / template / worksheet for one task
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My lane: _____ First skill in one sentence: _____

3) Score two options (1–5 each)

If two skills feel equal, score both. Higher total wins. Tie → easier sample.

Filter	Skill A ____	Skill B ____
Familiarity with the problem		
Can make a sample this week		
Someone can give feedback		
Reusable beyond one project		
Can discuss it without hype		
TOTAL		

4) One-week practice plan

- Day 1 — One sentence: reader + problem + useful outcome
- Day 2–3 — Make a small sample (draft section, mini deliverable, or 1-page checklist)
- Day 4 — Edit for clarity; remove hype; check any factual claims
- Day 5 — Ask one person: “Was this useful?” (not “Did you like it?”)
- Day 6–7 — Improve once; note what changed

5) Ignore list (for this week)

- New model announcements that don’t help this sample
- Learning 5 tools before finishing 1 project
- “Passive income with AI” claims
- Building a full brand before one useful sample

Done when: you can name your lane, your first skill in one sentence, and you have started (or finished) one sample.

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