

Your First Week with AI

A 7-day plan for beginners who want to start using AI in real, practical ways.

You don't need to understand how AI works to start using it. You just need a few good starting points. This guide gives you one simple task per day for 7 days.

1

Day 1 — Create Your Account

Sign up for Claude (claude.ai) — it's free. No credit card needed. Spend 10 minutes saying hello and asking it a few questions about something you're curious about. Don't worry about doing it 'right.' Just explore.

2

Day 2 — Ask It to Write Something

Think of an email, message, or short piece of writing you've been putting off. Describe it to Claude and ask for a draft. Edit it to sound like you. Notice how much faster that was than starting from scratch.

3

Day 3 — Ask It to Explain Something

Pick one thing you've always been confused about — a medical term, a financial concept, something in the news. Ask Claude to explain it like you're hearing it for the first time. Ask follow-up questions until it makes sense.

4

Day 4 — Use It for Planning

Tell Claude about your week and ask it to help you organize it. Share your to-do list and ask which 3 things matter most. Or describe a project and ask it to break it into steps. Feel the mental load shift.

5

Day 5 — Try It for a Family or Home Task

Use AI for something home or family-related: plan a meal, draft a message to a school, research a product, or plan a weekend activity. This is where it starts to feel genuinely useful for everyday life.

6

Day 6 — Experiment with a Problem You're Stuck On

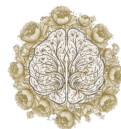
Is there something you've been overthinking? A decision, a conflict, a creative idea? Describe it to Claude and ask for a fresh perspective. You might be surprised by the clarity it brings.

7

Day 7 — Build Your Prompt List

Write down the 3 most useful things AI helped you with this week. These are your starting prompts — save them somewhere you can reuse them. Congratulations: you are now an AI user.

*The most common beginner mistake: waiting until you're 'ready.'
You'll never feel ready. The learning happens by using it — not by reading about it.
Just start.*



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