

## LESSON 1 / START HERE

# My AI Starting Plan

Choose a small, useful task. You do not need to understand every AI feature to begin. Keep this toolkit and write on the printed pages; nothing is submitted online.

## TRY SOMETHING USEFUL

Ideas: plan a simple meal, draft a thank-you note, explain a hobby, or make a packing list.

**Three everyday tasks I would like help with**

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**The first task I will try**

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## BUILD A SAFETY HABIT

Use made-up names or general descriptions. Leave out passwords, identity numbers, banking details, and private family information. AI can be mistaken even when it sounds confident.

**Details I can leave out or replace**

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☐ I can explain one useful thing AI can do and one reason to check its answer.