



LISA LEARNS AI · AI WITHOUT THE OVERWHELM



♦ A FREE BEGINNER'S GUIDE

STOP FEELING LEFT BEHIND

your first 5 AI wins



Simple AI skills for women who are ready to stop feeling left behind — no tech background required.

5

REAL WINS
THIS WEEK

25

COPY-PASTE
PROMPTS

~1 min

TO GET
STARTED



with Lisa — @lisalearnsai

FREE GUIDE · PDF

You are not behind. You just haven't been shown *the simple version* yet.

If you keep hearing about AI and quietly wondering whether you've missed the boat — you haven't. The truth is that most of what's written about AI is written for people who already understand it. That isn't you, and it was never meant to be a reflection of you.

This guide is the calm, plain-language version. No jargon you have to decode. No twenty-step setup. Just **five real wins you can have this week**, using tools that are free and take about a minute to open.

You don't need to become technical. You need to talk to AI the way you'd talk to a thoughtful, slightly over-eager assistant — and know a few small things that make the difference between a useless answer and one that genuinely saves you time.

Start anywhere. Try one prompt tonight. That single small win is how confidence is built — not all at once, but one quiet success at a time.

Lisa

FOUNDER · LISA LEARNS AI

Five wins, in the order that *builds real confidence*.

-
- | | | |
|----|--|---------|
| 01 | YOUR 60-SECOND SETUP
Pick a tool and open it — the whole thing takes about a minute. | PAGE 04 |
|----|--|---------|
-
- | | | |
|----|---|---------|
| 02 | THE AI VOCABULARY GUIDE
Every word you'll hear, explained in plain English. | PAGE 07 |
|----|---|---------|
-
- | | | |
|----|---|---------|
| 03 | 25 BEGINNER PROMPTS
Copy, paste, fill in the blanks. Home, family, health, money, and work. | PAGE 10 |
|----|---|---------|
-
- | | | |
|----|---|---------|
| 04 | THE FIRST 5 THINGS TO AUTOMATE
The recurring tasks worth handing off first. | PAGE 18 |
|----|---|---------|
-
- | | | |
|----|---|---------|
| 05 | COMMON MISTAKES TO AVOID
The small habits that get in the way — and what to do instead. | PAGE 20 |
|----|---|---------|
-



HOW TO USE THIS GUIDE

You don't have to read it in order. Flip to whatever solves something you're avoiding right now, try one thing, and let the rest wait. One small win is the whole goal.

WIN ONE

YOUR SETUP

YOUR 60-SECOND SETUP

Before any of the good stuff, you need a place to type. That's the entire setup — open a free tool in your browser, and you're ready. No app store, no credit card, no settings to wrestle with. If you can open your email, you can do this.



About a minute

START TO FINISH



Free

NO CARD REQUIRED



Any device

PHONE OR COMPUTER

Pick one. You can always try the others later.

All three are free, all three work the same way — you type, it answers. Start with whichever name feels most familiar. There is no wrong door.

Claude

BY ANTHROPIC

Warm and conversational. A strong all-rounder for writing, thinking out loud, and talking something through.

claude.ai

ChatGPT

BY OPENAI

The most widely known. Capable and well-documented, with plenty of beginner guides if you ever get stuck.

chatgpt.com

Gemini

BY GOOGLE

Already part of the Google world. Handy if you live in Gmail and Docs and want answers close to home.

gemini.google.com



A GENTLE WORD ON CHOOSING

People online argue endlessly about which tool is "best." Ignore that for now. The best tool is the one you actually open. Pick one today and have your first conversation — that single step puts you ahead of most people who are still reading about it.

WHY THIS MATTERS

The hardest part is opening the door. *You're about to.*

Seven small steps to your first conversation.

Work down the list once. By the last step you'll have had your first real win.

1

OPEN THE WEBSITE

Type the address into any browser, on phone or computer. There is nothing to download.

3

FIND THE TEXT BOX

One empty field, usually in the middle of the screen. That's where the whole conversation happens.

5

REPLY, LIKE YOU WOULD TO A PERSON

Say "the second one sounds good — give me the recipe." This back-and-forth is the real skill.

7

PICK ONE PROMPT TO TRY TONIGHT

Turn to page 10 and choose the one that solves something you've been avoiding. That's your first win.

2

CREATE A FREE ACCOUNT

Sign up with your email or a Google account. The free version is plenty — no card required.

4

TYPE YOUR FIRST MESSAGE

Try: "Give me five dinner ideas using chicken and rice." Press Enter and watch it answer in seconds.

6

BOOKMARK IT

Save the page so it's one tap away tomorrow. Confidence comes from coming back, not one perfect visit.



THAT'S THE WHOLE SETUP

Genuinely. Everything after this is just better conversations — and the next four wins show you exactly how to have them.

WIN TWO

VOCABULARY

THE AI VOCABULARY GUIDE

Half of feeling "behind" is simply not knowing the words. Once the vocabulary stops sounding like a foreign language, the whole thing gets noticeably less intimidating. Here are the only terms you actually need — each one in plain English, with why it matters to you.



14 terms

THE ONES THAT COME UP



No jargon

PLAIN-LANGUAGE ONLY



Keep it nearby

GLANCE BACK ANYTIME

Understand these, and you understand the conversation.

AI

ARTIFICIAL INTELLIGENCE

Software that can understand language and respond in a way that feels human. Think of it as a very well-read assistant, not a robot.

FOR YOU

It's a tool you talk to — nothing to fear, nothing to break.

Prompt

YOUR MESSAGE

Whatever you type into the box. A question, a request, a paragraph of context — that's a prompt. This guide is mostly a collection of good ones.

FOR YOU

Better prompts in, better answers out.

Chatbot

CHAT + BOT

The general name for an AI you talk to in a chat window. Claude, ChatGPT, and Gemini are all chatbots.

FOR YOU

It just means "the thing you type to."

Model

THE ENGINE

The underlying "brain" doing the work. Tools sometimes offer a newer or smarter model — like choosing a faster car.

FOR YOU

The default is almost always fine.

Large Language Model

LLM

The technical name for the kind of AI behind these tools. It learned language by reading an enormous amount of text.

FOR YOU

A label, not a task. Nothing to do here.

Context

THE BACKGROUND

The details you give before you ask — your situation, your preferences, what a good answer looks like. More context means a more "you" reply.

FOR YOU

The single biggest quality lever you control.

Prompt & refine

THE BACK-AND-FORTH

Treating the first answer as a draft, then saying "make it shorter" or "warmer." The conversation is where the magic is.

FOR YOU

You're the editor; it's the eager first-drafter.

Hallucination

A CONFIDENT WRONG ANSWER

When AI states something untrue as if it were fact. It isn't lying — it's filling gaps. Happens most with names, dates, numbers, links.

FOR YOU

Always double-check facts before you rely on them.

Six more — and then you're fluent enough.

Token

A CHUNK OF TEXT

How AI counts text — roughly a word or part of one. You'll see it mentioned in limits. Honestly, you can mostly ignore it.

FOR YOU

Good to recognize; rarely worth a thought.

Chat / Thread

ONE CONVERSATION

A single ongoing conversation, saved in a list down the side. Stay in one thread and the AI remembers what you've already said.

FOR YOU

Keep related tasks in the same chat for continuity.

Memory

IT REMEMBERS YOU

A setting where you tell the AI lasting facts about yourself — your name, your work, how you like things written — so you don't repeat them.

FOR YOU

Set it once; every future answer fits you better.

Generative AI

IT CREATES

AI that produces something new — text, images, summaries — rather than just finding an existing answer. "Generative" means it writes, not searches.

FOR YOU

It can make a draft from scratch, not just look things up.

Voice mode

TALK, DON'T TYPE

A feature in many apps that lets you speak your prompt and hear the answer aloud — lovely when your hands are full or typing feels slow.

FOR YOU

If typing is a barrier, simply talk to it instead.

Free vs. Paid

THE PLANS

Every tool has a generous free tier. Paid plans add speed and extra features. You won't need to pay a cent to get real value from this guide.

FOR YOU

Start free. Upgrade only if you truly outgrow it.



THAT'S THE WHOLE LANGUAGE

Fourteen words. You now know more of the vocabulary than most people who feel "behind" — and you can glance back here anytime a new term appears.

WIN THREE

25 PROMPTS

25 BEGINNER PROMPTS

This is the heart of the guide. Twenty-five prompts you can copy, paste, and use today — across home, family, health, money, and work. Anything in [brackets] is your cue to swap in your own details. The more honest and specific you are, the more the answer sounds like it was written for your life. Because it was.



5 areas

HOME TO WORK



Copy & paste

FILL IN THE BRACKETS



Refine freely

THE REPLY IS A DRAFT



01 A WEEK OF DINNERS

SAVES ~45 MIN/WEEK

+ COPY THIS IN

Plan dinners for this week for [number] people. We don't eat [foods to avoid], I like simple meals I can batch-cook, and my budget is about [amount]. I have around [minutes] to cook on weeknights. Give me Monday to Friday plus a grocery list organized by store section.



PRO TIP Once you have the plan, say "Tuesday looks too hard — swap it for something in 15 minutes." It redoes the whole week around your change.

02 WHAT CAN I MAKE WITH THIS?

SAVES A GROCERY RUN

+ COPY THIS IN

I have [list what's in your fridge and pantry] and not much else. Give me three dinner ideas I can make tonight using mostly these, ranked by how quick they are. Tell me if I'm missing one small thing that would make it better.



PRO TIP Add "I'm tired and don't want to think" and watch it choose for you. Permission to keep it simple is allowed.

03 THE TRIP PLANNER

SAVES HOURS OF TABS

+ COPY THIS IN

I'm planning [number] days in [place] in [month] with [who you're travelling with]. We love [interests] and want a relaxed pace. Build a day-by-day plan with a few options each day, and note anything I should book ahead.



PRO TIP Always confirm opening hours and prices yourself — those are exactly the details AI can get wrong. Use it for the shape of the trip, not the fine print.

04 THE DECLUTTER COACH

SAVES THE OVERWHELM

✦ COPY THIS IN

I want to declutter my [room] but I feel overwhelmed and keep avoiding it. Break it into small steps I can do in 20 minutes each, in a sensible order. Keep the tone encouraging, and start me with the easiest possible win.

💡 **PRO TIP** Tell it how the room makes you feel. It adjusts the plan — and the pep talk — to match where you actually are.

05 THE THOUGHTFUL GIFT FINDER

SAVES LAST-MINUTE PANIC

✦ COPY THIS IN

Help me find a gift for [who, and your relationship]. They're [age] and into [interests]. My budget is [amount]. Suggest eight ideas across a few price points, and tell me why each one suits them.

💡 **PRO TIP** Say "nothing they've probably already got" to push it past the obvious. Then ask it to write the card, too.



B · FAMILY & LOGISTICS

4 PROMPTS

06 THE FAMILY SCHEDULE WRANGLER

SAVES SUNDAY-NIGHT DREAD

✦ COPY THIS IN

Help me organize our family week. Here's everything happening: [dump all the appointments, activities, commitments]. There are [number] of us. Lay it out as a clear day-by-day plan, flag any clashes, and tell me what I need to prepare the night before.

💡 **PRO TIP** Just brain-dump in any order — messy is fine. Sorting chaos into something readable is precisely what it's good at.

07 THE TRICKY MESSAGE

SAVES A DAY OF DREAD

+ COPY THIS IN

Help me write a message to [person] about [the situation]. I want to be [firm but kind / warm but clear] without sounding passive-aggressive. Keep it short and human. Give me two versions — one a little softer than the other.

💡 **PRO TIP** Read both aloud and keep the one that sounds like you. You're the editor — change a few words so it's truly yours.

08 THE EVENT COORDINATOR

SAVES A NOTEBOOK OF LISTS

+ COPY THIS IN

I'm hosting [type of gathering] for [number] people on [date]. Help me plan it: a simple menu, a shopping list, a prep timeline for the days before, and a runsheet for the day itself. Keep it calm and doable, not Pinterest-perfect.

💡 **PRO TIP** Tell it your one non-negotiable ("it has to be low-stress") and it designs the whole plan around protecting that.

09 EXPLAIN IT SIMPLY

SAVES A FRUSTRATING SEARCH

+ COPY THIS IN

Explain [topic or homework concept] in simple terms, as if to someone who's smart but has never studied it. Use a real-life example, keep it short, then ask me one question to check I've understood.

💡 **PRO TIP** Wonderful for helping with a grandchild's homework — or finally understanding something you were too proud to ask about.



NOTICE THE PATTERN

Every prompt here is just plain English plus a few honest details. You're not learning code — you're learning to ask well. That's the entire skill.



10 THE SIMPLE MEAL PLAN

SAVES THE GUESSWORK

✦ COPY THIS IN

Make me a simple, balanced week of meals that fits [your goal — more energy, more vegetables, less fuss]. I'm cooking for [number], I dislike [foods], and I want realistic, everyday food — not a strict diet. Include easy breakfasts and lunches I can repeat.



PRO TIP Ask for "meals that reuse the same ingredients" to cut waste and shopping. Small constraint, big payoff.

11 THE GENTLE MOVEMENT PLAN

SAVES A PRICEY CONSULT

✦ COPY THIS IN

I'm [age] and want to move more, starting gently. I have [any limitations] and about [minutes] a few times a week. Suggest a beginner-friendly plan I can do at home with no equipment, and tell me how to build up slowly without overdoing it.



PRO TIP Ask "what should I stop and check with a doctor about?" — a sensible habit for anything health-related.

12 THE APPOINTMENT PREP

SAVES FORGETTING THE QUESTION

✦ COPY THIS IN

I have an appointment about [reason]. Help me prepare: a short, clear summary of what's been going on, and a list of good questions to ask so I don't freeze up or forget. Keep it to one page I can take with me.



PRO TIP Walking in with written questions changes the whole appointment. You'll leave feeling heard instead of rushed.

13 THE PLAIN-ENGLISH TRANSLATOR

SAVES A SPIRAL OF WORRY

✦ COPY THIS IN

Explain this in plain language, calmly and without alarming me: **[paste the letter, result, or terms you don't understand]**. Tell me what it generally means and what sensible questions I might ask a professional.

💡 **PRO TIP** Use it to understand — never to diagnose. For anything that matters, a real professional always has the final word.



D · MONEY & ADMIN

4 PROMPTS

14 THE BUDGET STARTER

SAVES AN AFTERNOON

✦ COPY THIS IN

Help me build a simple monthly budget. My income is about **[amount]**. My regular costs are **[list them roughly]**. Organize this into clear categories, show me where the money is going, and gently point out one or two places I might look first if I wanted to save.

💡 **PRO TIP** Keep amounts rough and never share full account numbers. You only need ballpark figures for this to be useful.

15 THE LETTER WRITER

SAVES 30 MIN OF DREAD

✦ COPY THIS IN

Write a clear, polite but firm letter to **[company or person]** about **[the issue — a refund, a correction, a request]**. Here's what happened: **[the facts]**. Keep it professional, under 200 words, and easy for them to act on.

💡 **PRO TIP** Say "make it firmer" or "more friendly" until the tone is right. Getting the tone exactly so is something it does beautifully.

16 COMPARE MY OPTIONS

SAVES DECISION PARALYSIS

✦ COPY THIS IN

Help me compare these options: [paste the two or three you're weighing up]. Lay out the pros and cons side by side in a simple table, point out what matters most for someone who values [what you care about], and tell me what else I should check before deciding.

💡 **PRO TIP** It won't decide for you — but seeing it laid out plainly often makes the right choice obvious.

17 THE DOCUMENT DECODER

SAVES THE FINE-PRINT HEADACHE

✦ COPY THIS IN

Explain this in plain English and tell me what to watch out for: [paste the contract, statement, or terms]. Summarize the key points, flag anything unusual or costly, and list the questions I should ask before I sign or agree.

💡 **PRO TIP** Brilliant for first-pass understanding — but for anything legally binding, have a qualified person confirm before you commit.



E · WORK & CAREER

8 PROMPTS

18 THE EMAIL YOU'VE BEEN AVOIDING

SAVES 20 MIN/EMAIL

✦ COPY THIS IN

Write a professional email to [person] about [the situation]. I want to come across as [confident and warm / clear and concise]. Here are the key points: [bullet them]. Keep it brief and easy to reply to.

💡 **PRO TIP** The blank page is the hard part. Let it write the first draft, then make it sound like you — a two-minute job.

19 THE MEETING PREP

SAVES WALKING IN COLD

✚ COPY THIS IN

I have a meeting about [topic] with [who]. The goal is [what you want to happen]. Help me prepare: a tight agenda, the three points I most need to make, and a couple of questions others might raise so I'm not caught off guard.

💡 **PRO TIP** Add "help me sound calm and prepared" and ask it to suggest a strong opening line.

20 THE MEETING RECAP

SAVES WRITING IT UP LATER

✚ COPY THIS IN

Turn my messy notes into a clear recap. Here they are: [paste your notes]. Give me a short summary, a list of decisions made, and a list of action items with who's responsible. Keep it professional enough to send to the group.

💡 **PRO TIP** Jot rough notes during the meeting and let it do the tidying. You look organized; it did the busywork.

21 THE STATUS UPDATE DRAFTER

SAVES A RECURRING CHORE

✚ COPY THIS IN

Help me write a clear update on [project or task] for [your manager / the team]. Here's where things stand: [the facts]. Structure it as: what's done, what's in progress, what's next, and anything I need from them.

💡 **PRO TIP** Save the format. Next week, paste new facts into the same structure and you're done in two minutes.

22 THE PRESENTATION OUTLINE

SAVES THE STARING HOUR

✦ COPY THIS IN

Help me outline a [length] presentation on [topic] for [audience]. I want them to leave thinking [your key message]. Suggest a clear structure, the main point of each section, and a strong opening and closing.

💡 **PRO TIP** Once the outline feels right, ask it to "suggest what each slide should say." The hardest part is now done.

23 THE INBOX REPLY HELPER

SAVES THE BACK-AND-FORTH FOG

✦ COPY THIS IN

Help me reply to this: [paste the email you received]. I want to [what you need to say or decide]. Draft a short, polite, professional response. If anything is unclear, suggest one question I should ask back.

💡 **PRO TIP** Never send the very first draft of anything sensitive without a read-through. Check tone and facts, then send.

24 THE SKILL EXPLAINER

SAVES AN UNFINISHED COURSE

✦ COPY THIS IN

Teach me the basics of [a tool or skill you need for work] as if I'm a capable beginner. Start with what it's actually for, give me the three things I most need to know first, and suggest one small task I can try to practice.

💡 **PRO TIP** Keep replying "what next?" and you have a patient tutor who never sighs at the question.

25 THE INTERVIEW & REVIEW PREP

SAVES NIGHT-BEFORE NERVES

✦ COPY THIS IN

Help me prepare for [an interview / a performance review] for [the role or situation]. Ask me a few common questions one at a time, then help me shape strong, honest answers using real examples from my experience. Keep it encouraging.

💡 **PRO TIP** Practising out loud with it beforehand is the closest thing to a rehearsal. You'll walk in steadier.

ONE HABIT WORTH KEEPING

SAVE THE PROMPTS THAT WORK.

Found a prompt that worked? Save it somewhere — a note on your phone, a document, a sticky note. Reusing a good prompt is how a one-time win quietly becomes a permanent shortcut.

✦ A note on your phone ✦ A simple document ✦ Even a sticky note

WIN FOUR

———— AUTOMATE

THE FIRST 5 THINGS TO AUTOMATE

"Automate" sounds technical, but here it just means this: stop doing the same small task from scratch every time. These are the five recurring jobs most worth handing off first — chosen because they come around again and again, and because AI is genuinely good at them.



Recurring tasks

THINGS YOU REDO OFTEN



Set up once

REUSE FOREVER



Real hours back

EVERY SINGLE WEEK

Five jobs that quietly eat your week.

Set each up as an ongoing helper once — then it's a 60-second conversation forever after.

1

MEAL PLANNING & THE GROCERY LIST

REPLACES ~45 MINUTES OF STARING AT THE FRIDGE

The classic. Once it knows your household, your dislikes, and your budget, planning the week becomes a 60-second conversation instead of a weekly negotiation with yourself.

STARTER

"You're my weekly meal planner. Each week I'll tell you what we fancy and you'll give me five dinners plus a grocery list by aisle. Remember we don't eat [foods]."

2

THE EMAILS YOU KEEP REWRITING

REPLACES 20 MINUTES OF OPENING AND CLOSING THE DRAFT

The polite-but-firm ones. The ones you rewrite four times. Hand the situation over, get a first draft instantly, and spend your energy editing instead of starting.

STARTER

"I'll describe an email I need to send and the tone I want. Write me a short first draft I can edit. Here's the first one: [situation]."

3

YOUR WEEKLY PLANNING & TO-DO TRIAGE

REPLACES 2 HOURS OF SUNDAY OVERWHELM

Brain-dump everything on your plate and let it sort the chaos into a calm, realistic plan — priorities, time blocks, and the one thing you keep avoiding, scheduled gently.

STARTER

"Be my weekly planner. I'll dump my tasks and calendar; you turn it into a realistic day-by-day plan with time blocks. Remind me to keep one thing just for me."

Two more, and your week feels lighter.

4

SUMMARIZING THE LONG STUFF

REPLACES READING EVERY WORD YOU DON'T HAVE TIME FOR

Long emails, school newsletters, articles, documents, terms and conditions. Paste it in and ask for the short version plus anything that needs your action.

STARTER

"Summarize this in five bullet points and tell me if there's anything I need to do or reply to: [paste the long thing]."

5

THE MESSAGES YOU SEND AGAIN AND AGAIN

REPLACES REWRITING THE SAME REPLY FROM SCRATCH

RSVPs, thank-yous, scheduling notes, the same work reply you type weekly. Build the template once, then just swap the details each time.

STARTER

"Help me make a reusable template for [type of message]. Leave clear blanks for the bits that change, so I can fill them in quickly each time."



THE SHIFT WORTH NOTICING

You're not learning to "automate" in a technical sense. You're just teaching one helpful assistant your preferences once — so you never start from a blank page again. That's the whole trick, and it adds up to real hours back.

WIN FIVE

———— MISTAKES

COMMON MISTAKES TO AVOID

None of these are really mistakes — they're just the small, understandable habits that get between beginners and a good result. Knowing them upfront means you skip the frustration most people quietly give up over. Read once, and you're ahead.



7 habits

EASY TO UNDO



The trap

WHAT TRIPS PEOPLE UP



Do this

THE SIMPLE FIX



Sidestep these and the rest gets easy.



MISTAKE ONE

BEING TOO VAGUE

THE TRAP

You type "help with dinner" and get a generic, useless answer — then assume the tool isn't for you.

DO THIS INSTEAD

Add your real details: who, what you avoid, how much time. Specifics turn a shrug into a genuinely helpful reply.



MISTAKE TWO

GIVING UP AFTER THE FIRST ANSWER

THE TRAP

The first reply isn't quite right, so you close the tab and decide it doesn't work.

DO THIS INSTEAD

Treat it as a draft. Say "shorter," "warmer," "more detail." The second or third reply is almost always the good one.



MISTAKE THREE

TRUSTING IT BLINDLY

THE TRAP

It sounds so confident that you assume every fact, date, and figure must be correct.

DO THIS INSTEAD

Trust it for drafting and thinking; double-check anything factual — names, numbers, prices, links — before you act on it.



MISTAKE FOUR

SHARING THINGS YOU SHOULDN'T

THE TRAP

Pasting in passwords, full account numbers, or other people's private details.

DO THIS INSTEAD

Share only what you'd be comfortable saying to a helpful stranger. Rough figures and general situations are plenty.

The last three — and you're genuinely ahead.



MISTAKE FIVE

WAITING FOR THE "PERFECT" PROMPT

THE TRAP

Believing you need to phrase it exactly right before you're allowed to start.

DO THIS INSTEAD

Type it badly. Honestly. It understands messy, everyday language — and you can always tidy it up in the next message.



MISTAKE SIX

TREATING IT LIKE A SEARCH ENGINE

THE TRAP

Typing three keywords and pressing enter, the way you'd Google something.

DO THIS INSTEAD

Talk to it in full sentences, like a person. It's a conversation, not a search box — and it remembers what you just said.



MISTAKE SEVEN

WAITING UNTIL YOU "UNDERSTAND AI" TO BEGIN

THE TRAP

Putting it off until you feel ready, qualified, or fully informed.

DO THIS INSTEAD

Understanding comes from using it, not before. Open it, try one prompt, and let confidence follow the action.



YOU'RE PAST THE HARD PART

Knowing these seven puts you ahead of almost everyone who feels "behind." There's nothing left to study — only to open the tool and try.

YOU JUST HAD YOUR FIRST WIN

THAT "OH, I CAN DO THIS" FEELING IS *the whole point.*

You don't have to become a different person to use AI. You just have to start — one small, ordinary task at a time. Confidence isn't something you wait to feel. It's something you build, quietly, one little win after another.

I.

Try one prompt from this guide tonight.

→ *II.*

Notice how much faster it was.

→ *III.*

Come back tomorrow and do it again.

You're not behind. You're just getting started.

Pick the one thing you've been avoiding, open the tool, and let it surprise you. I'll be cheering you on.

— *Lisa*