

CHAPTER 7 - YOUR STARTER TOOLKIT

My First Five AI Habits

Five small habits, tracked across two real weeks.

You build capability by using one tool well, repeatedly. Check off each habit as you practice it across the week.

Week One

Habit	M	T	W	T	F	S	S
Draft one email <i>Real recipient, reason, and tone.</i>							
Summarize one document <i>Key points in five sentences.</i>							
Improve one piece of writing <i>Sharpen it, don't replace it.</i>							
Brainstorm one idea <i>Ask for options, not one answer.</i>							
Verify one AI response <i>Run it through Stop, Investigate, Find Better, Trace.</i>							

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Week Two

Habit	M	T	W	T	F	S	S
Draft one email <i>Real recipient, reason, and tone.</i>							
Summarize one document <i>Key points in five sentences.</i>							
Improve one piece of writing <i>Sharpen it, don't replace it.</i>							
Brainstorm one idea <i>Ask for options, not one answer.</i>							
Verify one AI response <i>Run it through Stop, Investigate, Find Better, Trace.</i>							

At the end of two weeks

Which habit came easiest? Which one did you keep avoiding, and why?

Depth almost always beats novelty.