

 The Plug AI

The 30-Day AI Learning Challenge

One 15-minute task a day. Zero experience required.

By day 30, AI will be a normal part of how you get things done.

"Get Connected. Get Skilled. Get into AI."

Free from The Plug AI · Check off each day as you go

How This Works

- **15 minutes a day.** Consistency beats intensity — a little every day rewires habits.
- **Check the box.** There's a checkbox for every day. The streak is the point.
- **Miss a day?** Just do it the next day. Don't restart, don't double up, don't quit.
- **All you need:** a phone or computer and a free ChatGPT account (chat.openai.com).

Week 1: Getting Comfortable

- ☐ **Day 1** — Create your free ChatGPT account. Ask it: "What are 5 ways you could help someone like me? I'm a [your situation]."
- ☐ **Day 2** — Ask AI a question you'd normally Google. Then ask two follow-ups. Notice how it remembers the conversation.
- ☐ **Day 3** — Ask AI to explain something you've always found confusing "in simple terms with an example."
- ☐ **Day 4** — Get a bad answer on purpose: ask something vague, like "write me an email." Then add details and watch it improve.
- ☐ **Day 5** — Learn the magic phrase: "Act as a [expert]." Try: "Act as a personal trainer. Build me a 20-minute no-equipment routine."
- ☐ **Day 6** — Have AI plan your week: meals, errands, or your schedule. Give it your real constraints.
- ☐ **Day 7** — Review day: write down (or tell AI) the most useful thing you learned this week. Ask it what to try next.

Week 2: Real Tasks

- ☐ **Day 8** — Write a real email with AI's help and actually send it.
- ☐ **Day 9** — Paste in something confusing (a letter, a bill, a policy) and ask for a plain-English explanation.

☐ **Day 10** — Ask AI to help with a money task: a simple budget, comparing two options, or a savings plan.

☐ **Day 11** — Use AI for a household task: a grocery list from your meal plan, a cleaning schedule, or a recipe from what's in your fridge.

☐ **Day 12** — Prep for a real conversation: a doctor visit, a work request, a difficult talk. Ask AI for questions and phrasing.

☐ **Day 13** — Ask AI to teach you 3 things about a topic you love. Tell it to quiz you afterward.

☐ **Day 14** — Review day: which task saved you the most time this week? Do it again, faster.

Week 3: New Tools

☐ **Day 15** — Sign up free at canva.com. Make one thing: a card, a flyer, or a social post from a template.

☐ **Day 16** — In Canva, try the AI features: generate an image from a description, or let it write your headline.

☐ **Day 17** — Try perplexity.ai. Research something you've been curious about and click through to a source it cites.

☐ **Day 18** — Compare: ask ChatGPT and Perplexity the same question. Notice the difference (conversation vs. cited research).

☐ **Day 19** — Try voice: use your phone's mic button to talk to ChatGPT instead of typing.

☐ **Day 20** — Safety day: read up on AI voice-clone scams. Set a family code word for emergency calls. Seriously — do it today.

☐ **Day 21** — Review day: you now use 3+ AI tools. Tell one person about the most useful thing you've learned. Teaching locks it in.

Week 4: Your Big Goal

☐ **Day 22** — Name the goal: job, business, skill, project, health. Ask AI: "Help me make a realistic 6-month plan for [goal]."

☐ **Day 23** — Break it down: "What can I do THIS WEEK toward [goal]? Give me 3 small, specific actions." Do one today.

☐ **Day 24** — Attack the hardest part: tell AI what's been blocking you and ask for 3 different ways around it.

☐ **Day 25** — Create something for your goal: a resume, a flyer, a plan document, a first draft. Ship version one.

☐ **Day 26** — Get feedback: paste your creation back into AI and ask, "Critique this like a tough expert. What's weak?"

☐ **Day 27** — Improve and finalize. Ask for one more pass: "Make this 20% better."

☐ **Day 28** — Build your prompt library: save your 5 best prompts from this month in a note on your phone titled "My Prompts."

☐ **Day 29** — Set your routine: pick the 2–3 AI habits you'll keep doing weekly. Put the first one on your calendar.

☐ **Day 30** — Celebrate and pass it on. You did it. Now send this workbook to one person who needs it — be their plug. 🔌

Day 31 and beyond: the free lessons at The Plug AI go deeper on everything you touched this month — job hunting, small business, safety, and more.