

WINNING LIFESTYLES ONLINE

*A free guide for women starting their next chapter*

# AI Made Simple: The *Gentle Start*

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5 simple things you can do with AI this week — with the exact words to type. No tech skills, no jargon, no overwhelm.

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# You're not behind. You're right on time.

If you've ever felt like AI is one more thing you're falling behind on — this little guide is for you. I felt exactly the same way. I didn't come to AI as a tech expert; I came to it in the middle of my own reinvention, and I had to learn the calm way through on my own.

So here's the truth I wish someone had told me sooner: you don't need to understand how AI works to start using it well. You just need to treat it like a patient, helpful assistant who never gets tired of your questions — and know a few good ways to ask.

That's all this is. Five small wins you can have this week. Pick one, try it, and notice how it feels to move forward with a little less noise.

## *Louella*

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### **How to use this guide**

- 1.** Open a free AI tool. I suggest **ChatGPT** ([chat.openai.com](https://chat.openai.com)) or **Claude** ([claude.ai](https://claude.ai)). Both are free to start and work right in your browser.
- 2.** Think of it as talking to a helpful assistant. You don't need special words — plain English is perfect.
- 3.** Copy any prompt from this guide, paste it in, and change the parts in **[brackets]** to fit you. That's it.

## 1 Refresh how you present yourself

*Use it when: you're updating your LinkedIn, your bio, or a résumé for a new direction.*

### TYPE THIS

I'm moving from [past role or field] toward [new direction]. Here's my experience: [paste a few lines]. Rewrite my LinkedIn "About" section so it sounds warm, confident, and points toward this new direction. Keep it under 150 words, and give me 3 versions.

**Tip:** Pick the version that sounds most like you, then tell it "make this one a little warmer."

## 2 Write the email you've been putting off

*Use it when: you need to reconnect, follow up, or ask for something — and the words won't come.*

### TYPE THIS

Help me write a friendly, professional email to [who] about [what]. I want to sound warm but clear, and keep it short. Here's the background: [a sentence or two].

**Tip:** If the tone feels off, just say "make it warmer" or "make it shorter." It will happily adjust.

### 3 Turn your experience into ideas

*Use it when: you sense you have something to offer, but you're not sure what.*

**TYPE THIS**

I have experience in [your background], and people often come to me for [what people ask you for]. Suggest 5 simple things I could create or offer online — like a guide, a short course, or a service. Explain each in one sentence.

**Tip:** This is a wonderful way to discover your niche when you don't know where to begin.

### 4 Understand anything, explained simply

*Use it when: everyone's using a word or tool you don't quite get — and you're tired of nodding along.*

**TYPE THIS**

Explain [the topic you keep hearing about] to me like I'm smart but completely new to it. Use plain language, no jargon, and one real-life example.

**Tip:** Follow up with "can you make that even simpler?" as many times as you like. It never gets impatient — and never judges.

## 5 Save an hour on everyday writing

*Use it when: you need a social post, a short bio, or a thank-you note and don't want to stare at a blank page.*

### TYPE THIS

Write a short, friendly [social media post / bio / thank-you note] about [topic].  
Make it sound like me: [a few words describing your tone — e.g. warm, encouraging, down-to-earth].

**Tip:** Keep a little note of the prompts that work well for you. That's your personal AI toolkit, quietly growing.

### One last thing

You don't have to do all five. Choose the one that made you think "*oh, that would actually help me*" — and just try it once. That single step is how confidence begins.

WHAT'S NEXT

# You just did the *hardest part*.

You started. If that felt good — and you'd like a calm, step-by-step path to becoming genuinely confident with AI, without the overwhelm — that's exactly what my foundation course was made for.

***AI Made Simple*** — the beginner-friendly first step into the Winning Lifestyles Online Academy. Clear, practical, and made for people exactly like you.

[Explore AI Made Simple](#)

Or simply keep in touch — I share gentle, practical AI insights for your next chapter at [winninglifestylesonline.com](http://winninglifestylesonline.com)