

AI Life Leverage Companion Workbook

Use this workbook to record your personalized AI leverage discoveries across the seven domains. For each domain, identify repetitive tasks, painful bottlenecks, or micro-skills, then match them with an AI tool or workflow. Track the time saved, income generated, and confidence gained as you integrate AI into daily life.

Health & Wellness

1. Repetitive Task or Bottleneck:

2. AI Tool or Workflow to Apply:

3. Expected Before/After Result:

4. Time Saved or Income Gained:

5. Notes / Next Steps:

Business & Entrepreneurship

1. Repetitive Task or Bottleneck:

2. AI Tool or Workflow to Apply:

3. Expected Before/After Result:

4. Time Saved or Income Gained:

5. Notes / Next Steps:

Productivity & Workflow

1. Repetitive Task or Bottleneck:

2. AI Tool or Workflow to Apply:

3. Expected Before/After Result:

4. Time Saved or Income Gained:

5. Notes / Next Steps:

Learning & Career Development

1. Repetitive Task or Bottleneck:

2. AI Tool or Workflow to Apply:

3. Expected Before/After Result:

4. Time Saved or Income Gained:

5. Notes / Next Steps:

Finances & Wealth

1. Repetitive Task or Bottleneck:

2. AI Tool or Workflow to Apply:

3. Expected Before/After Result:

4. Time Saved or Income Gained:

5. Notes / Next Steps:

Home & Lifestyle

1. Repetitive Task or Bottleneck:

2. AI Tool or Workflow to Apply:

3. Expected Before/After Result:

4. Time Saved or Income Gained:

5. Notes / Next Steps:

Creativity & Self-Expression

1. Repetitive Task or Bottleneck:

2. AI Tool or Workflow to Apply:

3. Expected Before/After Result:

4. Time Saved or Income Gained:

5. Notes / Next Steps:
