Training 01: Getting Started with Grok Bot

This sheet follows the Training 01 video. It walks you through four steps — create your Grok account, choose the right plan, get the Grok Bot app, and start your first bot — plus an optional fifth for local businesses. You do not need to be technical.

Click here to view Training Lesson 01

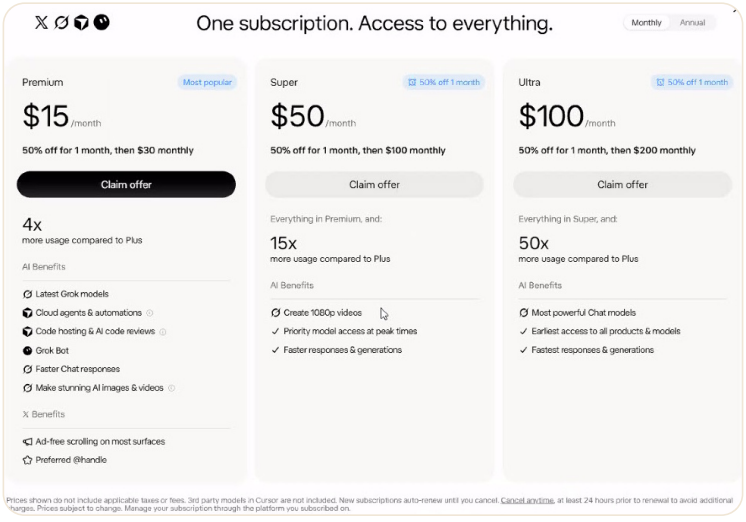
Have ready: your work email, a payment card, and your computer. Plan on about 20 minutes (an estimate).

1 Create your Grok account

- Go to grok.com and sign up.
- Use the email you want tied to the business. The same account is used for your plan and for Grok Bot later.
- Pick a strong password, and turn on two-step sign-in if it is offered.
- Save your login in a password manager, not on a sticky note.
- Once you are in, ask Grok a simple question to make sure it works.

Choosing your Grok Bot plan

When you set up your account, you will be asked to choose a plan. Most people start on Premium and can upgrade later if they need more usage.



- Premium is the most popular plan. It is $15 a month for the first month (50% off), then $30 a month. It includes Grok Bot, with 4x more usage than Plus.
- Super is $50 for the first month, then $100 a month, with 15x more usage than Plus.
- Ultra is $100 for the first month, then $200 a month, with 50x more usage than Plus.

Your plan is paid to SpaceXAI / Grok Bot, not to AI for Humans. Prices and offers shown were current as of November 2026, can change, and do not include tax.

2 Set up your plan

Working on your own? The individual Premium plan is all you need.

If you are building an office or business team, here are your steps:

- The owner sets up one team plan, with one bill and one place to manage it.
- The owner invites each person by email.
- Each person who uses Grok Bot needs their own Premium seat: $30 a month per person (US, before tax, as of November 2026).
- Each seat is for one person. Don't share a login.

Skip the Plus plan. It does not include Grok Bot.

3 Get Grok Bot

- Grok Bot is a separate app from the Grok chat app.
- Download it at x.ai/bot. It runs on Windows and Mac, and there are phone apps for iPhone and Android.
  This is a different link from step 1: grok.com is where you make your account and plan, and x.ai/bot is where you get the Grok Bot app.
- If the owner invited you, accept that email invite first.
- Open the app, choose sign in, and finish in your web browser with the account that has your seat or plan.
- There is no separate Grok Bot password. If it says you do not have access, check which account you used.

You actually start with four bots

When you create a Grok Bot account, you get your first Grok Bot. You can use it for anything, and give it whatever name and job title you want.

The Starter Pack then adds three more: your Chief of Staff plus two helpers built for your business. Once you import the pack, you are working with four bots.

4 Meet your first bot

- When you sign in, Grok Bot creates your first bot for you.
- Give it one clear job in your first message, for example keeping track of quotes and customer follow-ups.
- Ask it to remember how you like things done.
- Start small, with one real task you do every week.
- Tell it to check with you before it sends anything.
- Want some training, or have questions? Start with the free Grok Bot guides at x.ai/bot/guides.

5 Optional for local businesses: Iron Stack AI

Want a more private, secure setup that runs locally, inside your own office? Ask us about Iron Stack AI.

- It runs on hardware you own, in your office: a local, in-office AI machine.
- Your business data can stay in-house, on hardware you own.
- For businesses in Middle Tennessee, Iron Stack AI can build it, deploy it, and train your people how to use it.
- You don't need a huge server. Something the size of a gaming computer may be all you need for most businesses.

Learn more at henrygriner.com/ironstack.

Quick checklist

- [ ] Grok account created at grok.com with my business email
- [ ] Password saved in a password manager, and two-step sign-in on if offered
- [ ] Team plan or individual Premium plan set up, with a Premium seat for each person who uses Grok Bot
- [ ] Grok Bot app installed from x.ai/bot and signed in with the right account
- [ ] First bot given one clear job and one real weekly task

Next: your industry starter module shows you how to build a full team for your kind of business.