

THE FIRST 24 HOURS CONFIDENCE PLAN!

A Calm, Step-by-Step Guide for Seniors
To Get Started Without Feeling Overwhelmed



**ARTIFICIAL
INTELLIGENCE**

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Let's Take This One Step at a Time...

If you're reading this, you've already taken an important step.

You've decided to explore something new.

That alone puts you ahead of most people.

Now comes the part where many beginners feel unsure:

“What do I actually do first?”

This short guide is here to answer that question.

Not with pressure.

Not with complicated steps.

Just a simple, calm plan for your **first 24 hours**.

Before We Begin...

You do not need to complete everything in one go.

You do not need to understand everything immediately.

And you certainly do not need to rush.

The goal here is simple:

To help you feel comfortable, not overwhelmed.

If something feels like too much, skip it.

Come back later.

There is no deadline.

Step 1 — Choose One Simple Goal...

Before doing anything online, you need direction.

Not a big goal.

Not a complicated plan.

Just one simple starting point.

Example:

“I want to create a small guide for Seniors.”

“I want to understand how affiliate links work.”

“I want to try using ChatGPT for the first time.”

Your Turn:

Write one simple goal:

Step 2 — Take One Small Action...

Now that you have a goal, take one small step toward it.

Not ten steps.

Just one.

Examples:

- ✓ Open ChatGPT and type a simple question.
- ✓ Write a few notes about your idea.
- ✓ Read one section of your guide.

The goal is progress — not perfection.

Step 3 — Use a Simple Prompt...

If you're unsure what to do next, this will help.

Copy and paste this into ChatGPT:

*“I am a Beginner and a Senior.
Please explain in simple steps what I should do first to get started
with [your goal].”*

Then read the response slowly.

Take what makes sense.

Ignore what doesn't.

Step 4 — Avoid This Common Mistake...

Most beginners try to do too much too quickly.

They:

- Watch too many videos
- Read too many guides
- Try too many ideas

And end up doing... **nothing**.

Instead:

Focus on one thing at a time.

That's how confidence is built.

Step 5 — Reflect (2 Minutes)...

Ask yourself:

- ✓ Did I take one small step today?
- ✓ Do I feel slightly more confident?
- ✓ What felt simple?

That's all you need.

You've Already Made Progress...

If you've followed even part of this guide, you've already done something important.

You've started.

And starting — calmly and sensibly — is what most people never do.

There is no rush from here.

Just steady, simple progress.

Warm regards,
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**THANK
YOU**