



Your First 30 Days with AI

Ten to fifteen minutes a day. Tick each day off. By Day 30 you will use AI with confidence.

Week 1: Meet AI

Day 1 Open a free AI chatbot (such as ChatGPT or Gemini) and ask it to introduce itself.

Day 2 Ask it to explain AI in three simple sentences.

Day 3 Ask for a recipe using only what is in your kitchen right now.

Day 4 Ask it to write a birthday message for a friend.

Day 5 Ask a question you already know the answer to. Was it right?

Day 6 Watch a past class on the Replays page.

Day 7 Write down 3 ways AI could save you time this month.

Week 2: Better prompts

Day 8 Add who it is for: "Explain this for a 12-year-old."

Day 9 Ask for a format: "Give me a table" or "5 bullet points".

Day 10 Give context: tell the AI about your job or goal first.

Day 11 Give it a role: "Act as a patient maths teacher."

Day 12 Ask it to improve one of your old messages or posts.

Day 13 Try one prompt from the Prompt Engineering Starter Kit.

Day 14 Join the Sunday live class and ask one question.

Week 3: Create with AI

Day 15 Use AI to plan your week and your meals.

Day 16 Make a picture with a free AI image tool. Describe the style and colours.

Day 17 Write a short poem or story with AI, then edit it in your own words.

Day 18 Use AI to translate a message into another language you speak and check it.

Day 19 Ask AI for 10 business or side-hustle ideas that fit your skills.

Day 20 Turn a long article into a short summary.

Day 21 Share something you made with a friend or in the community chat.

Week 4: Use it for real

Day 22 Use AI to update your CV or write a cover letter.

Day 23 Ask AI to quiz you on something you are learning.

Day 24 Fact-check an AI answer with a trusted website.

Day 25 Write down the rules you will follow to keep your data private.

Day 26 Help a family member use AI for the first time.

Day 27 Plan your next 30 days: one skill you want to grow with AI.

Day 28 Look back: what can you do now that you could not do on Day 1?

Day 29 Celebrate! Tell us your story on tanimawoai.com.

Day 30 Keep going: one small AI task every day.

Stuck? That is normal. Ask the AI itself: "I am a beginner. What should I try next?", or bring your question to the free Sunday class.

Free live class every Sunday at 8:00 PM Nigeria time. Register at tanimawoai.com

Free to share