Expect More

FREE STARTER SHEET · KEEP BY YOUR DEVICE

AI in plain English.

AI is an assistant you talk to in everyday words. Ask it to write, explain, plan or brainstorm, and it answers in seconds. Here's everything you need to start today.

1. Pick one app

ChatGPT · Google Gemini · Claude · Microsoft Copilot

All have a free version. Download only from the App Store or Google Play, never from a link in a text or email.

2. Talk to it like a person

Tap the microphone and just speak. Give it details: who it's for, how long, what tone. If you don't like the answer, say **"make it shorter"**, **"friendlier"** or **"try again."**

3. Ten things to ask it today

1. Write a birthday card for my granddaughter who loves horses.
2. Plan a relaxed 3-day beach trip with easy walking.
3. Give me a 20-minute dinner using chicken and spinach.
4. Help me write a polite note to my HOA about a parking issue.
5. Explain this article in plain English. (Paste it in.)
6. What questions should I ask at my next doctor's appointment about ___?
7. Teach me to take better photos with my phone.
8. Make a packing list for a 7-day cruise.
9. Turn my notes into a thank-you letter.
10. Quiz me on Spanish phrases for my trip.

4. Five safety rules

1. **Never type passwords, Social Security, bank or card numbers into AI.**
2. **Double-check anything important.** AI can be confidently wrong. Confirm health, money and legal answers with a professional.
3. **Scammers can copy voices.** Agree on a family safe word, and call back on a number you already know.
4. **Use the official apps only.** Never install anything from a link someone sends you.
5. **Pause when it feels urgent.** Scams depend on panic. A real emergency can wait two minutes for you to check.

Own a business? Three quick wins this week: replies to your most common emails, quotes written from your notes, and a month of social posts in one afternoon.

Free 30-min call