



### Day 3 Homework: Mastering ChatGPT – You Don't Need to Be a Tech Expert

Welcome to Day 3 of your ChatGPT Mastery Challenge! Today, we'll focus on overcoming common fears about learning and using AI tools like ChatGPT.

#### Instructions:

For today's homework, you'll be working through a series of practical exercises and reflection questions to help you see that ChatGPT is easy to learn and use, no matter your background. Complete each section and type your answers in the space provided.

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#### Step 1: Overcoming the "Steep Learning Curve" Myth

**False Belief:** "Learning AI requires a steep learning curve."

**Reframe:** You don't need a technical background — learning ChatGPT is as simple as using Google or social media.

#### Task:

1. Open ChatGPT and ask it to help you create a to-do list for the week.
2. Then, ask ChatGPT to turn your to-do list into a fun poem.

Reflect on this:

**How easy was it to interact with ChatGPT? How did it feel to get instant results with simple prompts?**

**Your Answer:**

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## Step 2: Dispelling the “Tech-Savvy” Myth

**False Belief:** "Only tech-savvy people can understand AI."

**Reframe:** Anyone can learn how to use ChatGPT effectively with a few simple principles.

**Task:**

1. Open ChatGPT and ask it to summarize an article of your choice (you can paste a link or provide text).
2. Now, ask ChatGPT to simplify that summary for a 10-year-old.

Reflect on this:

**Did you need any technical skills to accomplish this? How would you rate the simplicity of using ChatGPT to break down complex information?**

**Your Answer:**

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### Step 3: Time Investment Reality Check

**False Belief:** "I'll need to invest months into learning how to use it."

**Reframe:** Mastering the basics of ChatGPT can be done in just a few hours, not months.

**Task:**

1. Time yourself. Set a timer for 5 minutes and ask ChatGPT to create a social media post for your business.
2. Review and tweak the response ChatGPT gives you.

Reflect on this:

**How quickly were you able to get content ready? Do you think mastering this tool could save you time compared to traditional methods?**

**Your Answer:**

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## Step 4: No Coding Required

**False Belief:** "AI is too complicated for someone like me who doesn't even understand basic coding."

**Reframe:** You don't need to know how to code — ChatGPT works by simply typing out normal language prompts.

### Task:

1. Write a natural, simple question to ChatGPT, such as: "What's the best way to grow my Instagram account?"
2. Review how ChatGPT responds and note how your question didn't require any special tech language.

Reflect on this:

**Do you see how simple language can result in high-value answers from ChatGPT?**

**Your Answer:**

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## Step 5: Minimal Maintenance Required

**False Belief:** "ChatGPT will require constant maintenance and updates that I won't be able to manage."

**Reframe:** Once you master the tool, it runs smoothly without needing constant attention or updates from you.

### Task:

1. Ask ChatGPT to create an email template for your business, then close the app.
2. Come back to it later and ask it to improve the template based on new details (e.g., a different target audience).

Reflect on this:

**Did you need to do anything technical in between sessions? How easy was it to pick up where you left off?**

**Your Answer:**

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## Step 6: Understanding Prompts Made Easy

**False Belief:** "I'll never understand how to prompt ChatGPT to get useful answers."

**Reframe:** We provide you with easy-to-use frameworks and templates to generate high-quality responses.

**Task:**

1. Use this prompt: "Can you write an email for me to introduce my new product? Make it fun and engaging."
2. Tweak the result based on your needs.

Reflect on this:

**Was the framework provided helpful in guiding ChatGPT's response? How did it feel to customize the output to your liking?**

**Your Answer:**

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## Step 7: Moving Beyond Traditional Methods

**False Belief:** "AI is too advanced for me to control — I'd rather stick to traditional methods."

**Reframe:** ChatGPT is designed for users at any level, and traditional methods often waste more time and resources.

**Task:**

1. Compare a task you recently did manually (e.g., writing a blog post or responding to a customer email) with how ChatGPT handled a similar task today.
2. Reflect on the time saved and the quality of the output.

Reflect on this:

**How much easier or faster was the ChatGPT method? What benefits can you see from using AI tools compared to traditional methods?**

**Your Answer:**

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## Step 8: Low-Risk Experimentation

**False Belief:** "If I make a mistake, it'll cost me time and money to fix it."

**Reframe:** ChatGPT allows you to experiment without risk, and you can always refine and improve your prompts without cost.

**Task:**

1. Experiment with a random, fun prompt. For example: "Can you write me a haiku about growing a business?"
2. Play around with a few variations until you get something you like.

Reflect on this:

**How did it feel to experiment with ChatGPT? Were you able to refine and improve your prompt without any risks or costs?**

**Your Answer:**

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**Reflection Questions:**

1. **What has been your biggest takeaway from today's exercises?**

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2. **Which false belief do you feel you've overcome today, and how has that shifted your perspective on using ChatGPT?**

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Complete these tasks and reflection questions, and we'll dive even deeper in our next session!