10 Daily Chores of a Professional AI User

Embrace AI daily: learn, explore & create

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Why?

- **32% of US pop used AI in 12/24**

- **70+% of MS & HS students use AI**

- **The majority use 1 app**

… I invest 20 minutes / day &

have better AI skills in 10 days

Sources: Pew Research, OpenAI.com, Statista.com

Stay Informed:

1 Query AI for 1 job-related task

2 Subscribe to & read 3 AI newsletters: 2 daily, 1 weekly
(start with the free versions of therundown.ai ,
aibreakfast.beehiiv.com & substack.com/@aifastinfo)

3 Watch 1 AI YouTube video: go to YouTube.com, enter
"AI news today" in the search bar and pick one
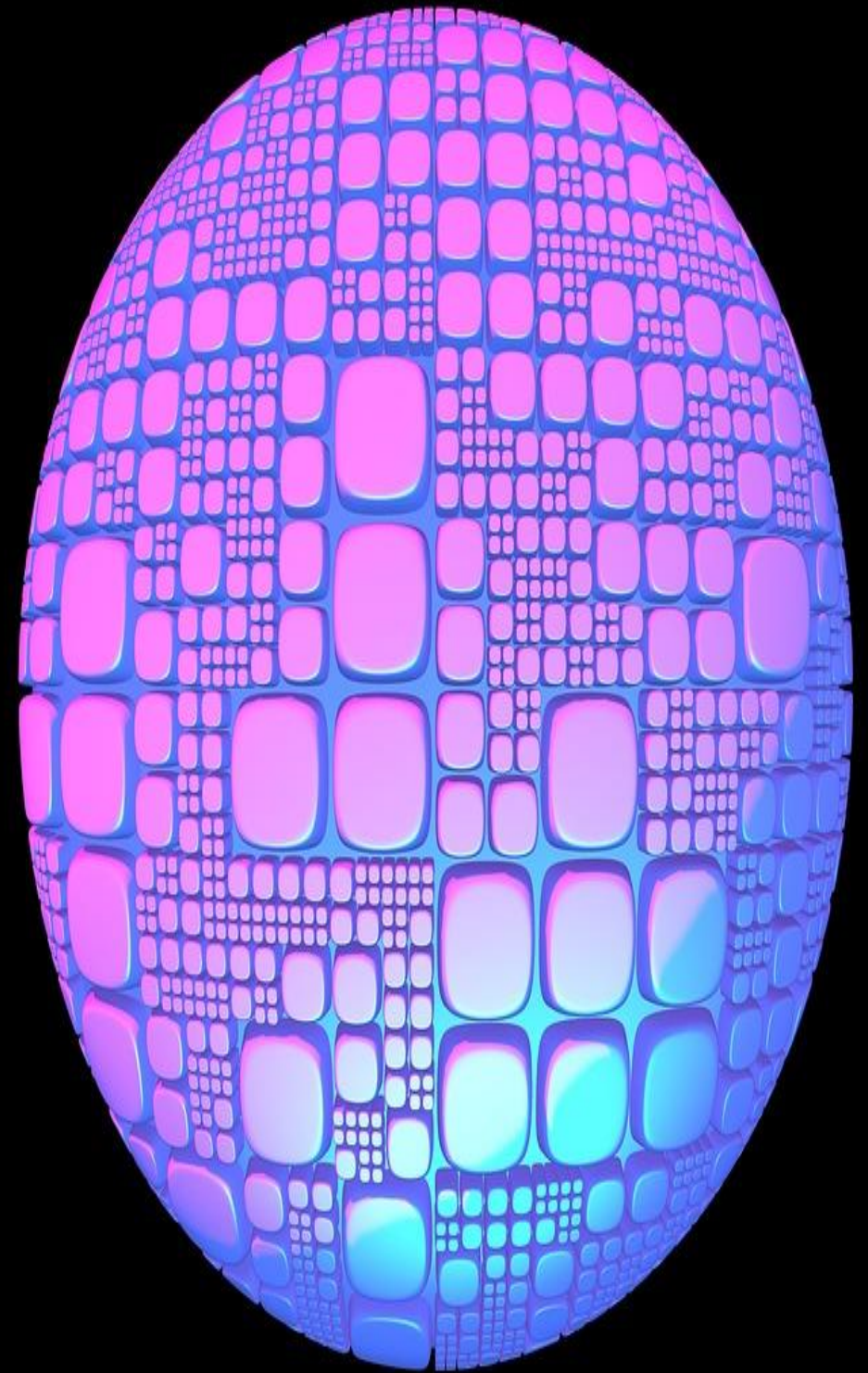
4 # Explore 1 new AI tool

Select a tool from newsletter recommendations
or from aixploria.com

Without paying for a subscription,
evaluate its usefulness

5 **Learn deeper
with AI Search**

Use Perplexity or ChatGPT Search and

ALWAYS ask a follow-up question

Stay Current with AI Research

6 — Scan the Top 50 research titles on arxiv.org/list/cs.AI

7 — Download 1 interesting PDF and summarize it in 200 words

8 Experience
Deep Learning

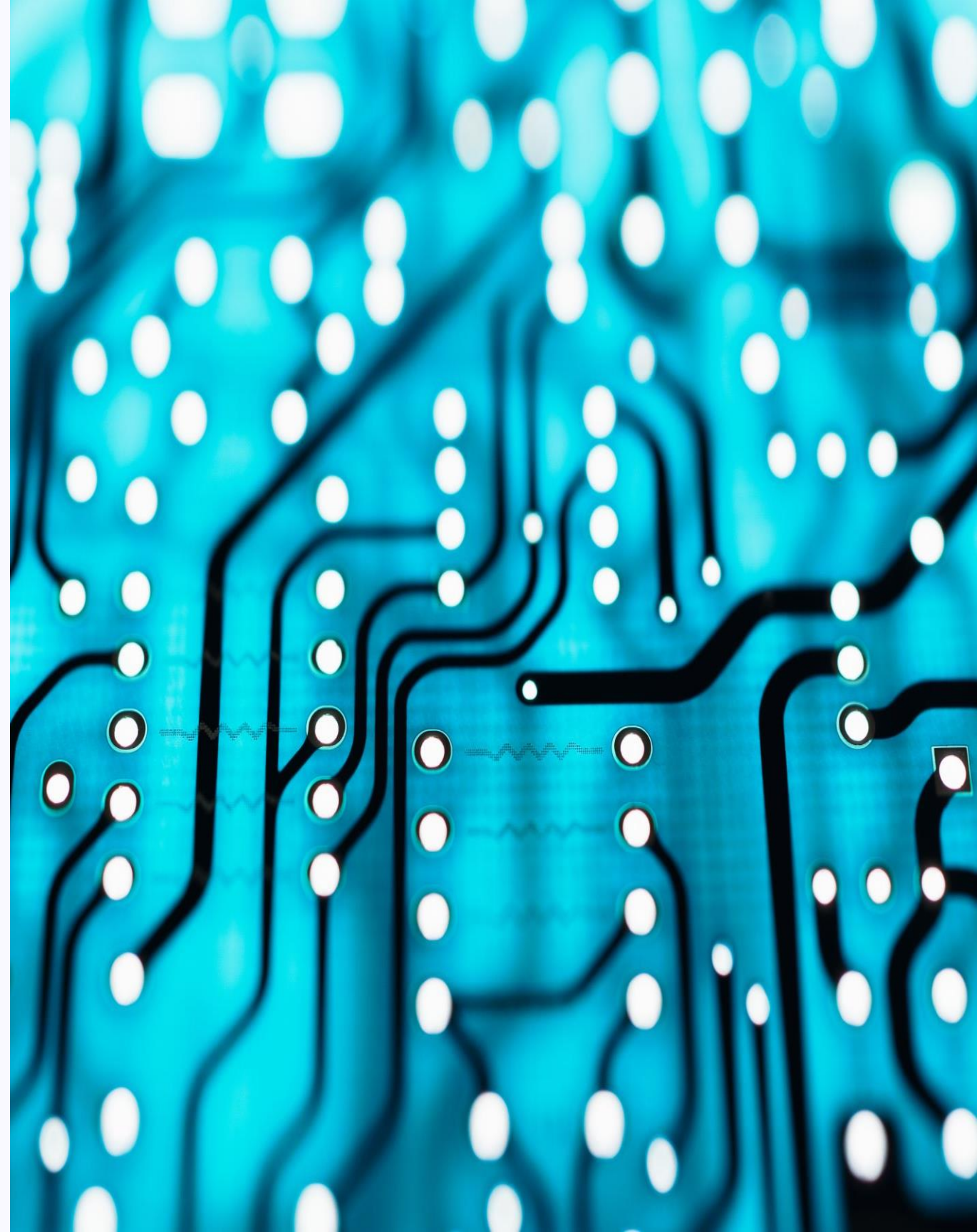Notebook LM

Storm Genie

OpenScholar

Gemini
Deep Research

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Create Something New

Make a drawing, a video, a 3D experience,
a song or a podcast

Refine and improve it

10 **Reflect and Record**

Keep an AI Notebook

Write down 3 things you learned each day

Reread your notes in 10 days