



STUDENT WORKBOOK

The 10-Day AI Bootcamp

10 days, 6 hours a day · Online across India, in person from Jaipur



AI Coaching India

This workbook belongs to _____

Batch code: _____

The 10-Day AI Bootcamp: Your Workbook

Dear bootcamper,

You are holding ten days of your life, bound in one book. Treat it accordingly.

Every prompt from every session is printed here with blanks for your own details, so you never depend on memory.

Write in it during class, scribble in the margins at home, fold it, spill chai on it. By day 10 it should look loved, not preserved.

The later pages hold your capstone planning sheets and your 90-day plan. They are the reason this book stays on your desk long after the batch photo.

The pace will feel fast some days. The workbook is your slow-down button: everything we did is written here, waiting.

Ten days from now you will not be an expert. You will be something better: a person who actually uses this, every day, with open eyes.

With warmth,

Team AI Coaching India

Before day one

- Install and sign in: **ChatGPT** (free), **Google Gemini** (free)
- Install **Perplexity** (free) and bookmark **NotebookLM** (free, works in the browser)
- Install **Canva** (free) and **InShot** (free)
- Create a free **Gamma** account in the browser
- Your phone is enough for most days. If you own a laptop, bring it from day 4 onward; a few shared laptops are available in class
- Bring your phone charger every day. Six hours is a long session
- Bring one real document that matters to you (a policy, a report, a long notice) for day 4
- Start noticing your repeating weekly tasks. Day 8 is built from them
- One reassurance: nothing in these ten days needs coding, and every exercise runs on free tools. Paid tools appear only as labelled demos

Day 1: Foundations: What AI Is and Is Not

What today was really about

Within your first 30 minutes, you were talking to AI, and it was talking back.

That broke the biggest myth in one stroke: this is not a computer subject, it is a conversation skill.

You watched AI confidently invent a fact, live, and that sight is worth the whole day. Confidence is not correctness.

You set your safety habits early: what you never share, and how you verify before you trust.

The rest of the bootcamp stands on today's floor: talk naturally, give context, follow up, verify.

Prompts we used

1. My name is _____. I do _____ for most of my day. I have never used AI seriously. Introduce yourself and ask me three questions to understand how you can help me.
2. Explain what AI like you actually does, in plain language, and then list three things you cannot do or often get wrong.
3. I want help with _____. Before answering, ask me any details you need to give a genuinely useful answer.
4. Give me the exact height of Mount _____ and the year _____ happened. Now tell me honestly: how confident are you, and how should I verify this?
5. Rewrite your last answer at half the length, in simpler words.
6. Main apni roz ki zindagi mein AI kahan use kar sakta hoon? Meri routine yeh hai: _____. Mujhe 5 idea do, ekdum practical.
7. I am comparing you with Gemini, Perplexity, Grok and Claude. What kinds of tasks is each type of tool known to handle well? Be fair about your own weaknesses.

Now you try

1. Build your starter sheet: ten prompts written for your own life, tested by you today. Write your best three here:

2. Catch a hallucination on purpose: ask AI about something you know deeply (your street, your trade, your family recipe). Where exactly did it go wrong?

3. Set up voice typing in Hindi or Hinglish and dictate one full prompt. How did it compare with typing?

Watch out

WATCH OUT

AI never says "I am not sure" unless you ask. It fills gaps with confident invention. From today, two habits: never share OTPs, passwords, bank details, Aadhaar or PAN with any AI tool, and verify any fact that matters before acting on it. These two habits do not have holidays.

My notes

Day 2: Daily-Life Fluency

What today was really about

Today AI moved into your ordinary day: the menu, the budget, the errand list, the confusing bill.

You met Meta AI inside WhatsApp, help that lives where you already live.

Google Lens turned your camera into a question, and Translate removed a language wall.

On health and legal matters we drew a firm line: AI helps you understand and prepare, real professionals decide.

The five-minute morning habit you started today is quietly the most valuable thing in this workbook.

Prompts we used

1. Plan a simple weekly menu for my family of _____. We eat _____ (veg, non-veg, both). Breakfast must be quick. Repeat nothing twice, and give me a market list for the whole week.
2. Here is my monthly income and my rough expenses: _____. Build a simple monthly budget with categories, and show where I can realistically save without misery.
3. Plan a _____-day trip from _____ to _____ for _____ people, budget around _____. Route, stay areas, daily plan, packing list. I will verify prices and timings myself before booking.
4. I photographed this bill or notice. Explain it in plain words: what is it asking, by when, and what happens if I ignore it?
5. Yeh form mujhe samajh nahi aa raha. Photo dekh kar batao: kaunsa section kya maang raha hai, aur main galti kahan kar sakta hoon?
6. I have a question about a health report and I know you are not a doctor. Explain only the terms in plain words, and give me questions to ask my doctor.

7. Design my five-minute morning AI routine: I want _____ (news that matters to me, my task list, one message drafted). Make it one single prompt I can reuse daily.

Now you try

1. Build your complete week plan: menu or task list, budget sheet, and errand schedule. Which part surprised you by being easy?

2. Point Google Lens at three things today: a bill, a product label, a plant or object. Write the most useful thing it told you:

3. Write your own five-minute morning prompt and save it. Copy its first line here:

Watch out

WATCH OUT

Trip prices, train timings, offers and fees: AI's numbers can be outdated or invented. Plans come from AI, bookings come from official apps and sites, after you check. And health or legal questions always end at a real professional's desk, not at a chatbot's answer.

My notes

Day 3: Writing: Say It Better

What today was really about

Today you learned the difference between AI writing for you and AI writing as you.

You fed it your own style and made it your editor: tightening, polishing, never replacing.

Tone became a dial you control: polite, firm, warm, formal, on demand.

The difficult messages, the complaint, the apology, the negotiation, got easier with a patient drafting partner.

Five real messages from your real life left this room polished and ready to send. That is writing power you keep.

Prompts we used

1. Here are two messages I wrote recently: _____. Describe my writing style in five points, then keep this style for everything we write together today.
2. Draft a message to _____ about _____. Facts: _____. Tone: polite but firm. Keep it under 100 words and keep my style.
3. Rewrite this same message three ways: warmer, more formal, and shorter. I will choose.
4. Mujhe apne landlord ko rent repair ke baare mein message bhejna hai. Baat firm ho par rishta kharab na ho. Details: _____
5. I have to write a difficult message: _____ (a complaint, an apology, a condolence, a negotiation). Draft it with care, and tell me which line might be misread so I can decide.
6. Edit my draft below. Cut it by a third, keep the meaning and my voice. Mark what you removed and why: _____
7. Translate this message into _____ (Hindi, English, Hinglish), keeping the same tone and respect level: _____

Now you try

1. Polish five real messages from your pending list. Tick each as it becomes send-ready:

Message 1: _____ Message 2: _____ Message 3: _____ Message 4: _____ Message 5: _____

2. Take one paragraph you wrote in the past and ask AI to make it shorter, clearer, sharper. Paste your favourite improved line here:

3. Write one difficult message you have been avoiding. Who is it for, and did you send it?

Watch out

WATCH OUT

Anything AI writes carrying facts, dates, amounts, or names gets checked by you before sending. Your signature means you verified it. And keep the style rule: if a message does not sound like you, edit until it does, or the people who know you will notice the ghost.

My notes

Day 4: Documents and Communication Power

What today was really about

Today the long documents lost their power over you.

NotebookLM read a real report of yours and answered questions about it like a tireless assistant.

Your resume or business profile got rebuilt: same true facts, far better told.

You role-played an interview or hard conversation with AI, which is practice you can repeat any night before the real thing.

And you learned the formal-document rule: AI drafts fast and invents small details just as fast, so you audit every line.

Prompts we used

1. Here is my current resume or business profile: _____. Interview me about my work, then rebuild it: same facts, stronger structure, no invented achievements.
2. Rewrite this work experience point to show the result of my work, not just the duty: _____. Do not exaggerate. If a number is missing, ask me instead of inventing one.
3. I uploaded a long document to NotebookLM. Summarise it in one page: main points, deadlines, and anything unusual I should notice.
4. Turn these rough notes into clean meeting minutes with clear action points and owners: _____
5. Draft a proposal or notice for _____: purpose _____, audience _____, key points _____. Formal but human, one page maximum.
6. Role-play an interview with me for the role of _____. Ask one question at a time, wait for my answer, then give honest feedback before the next question.
7. Yeh mera resume ka summary hai: _____. Isko professional banao par aisa mat banao jaise kisi machine ne likha ho.

Now you try

1. Finish your rebuilt resume or business profile. What is the strongest line in it now?

2. Run the document you brought from home through NotebookLM. Write the one thing it found that you had missed:

3. Do one full role-play round: interview, client call, or a hard conversation. What question stumped you, and what will you answer next time?

Watch out

WATCH OUT

Formal documents are where AI's small inventions do the most damage: a wrong date, an inflated achievement, a name spelled almost right. Read every generated line against reality before it goes anywhere official. Your resume must survive questioning; never let AI put anything in it that you cannot defend across a table.

My notes

Day 5: Images, Design and Creativity

What today was really about

Today you designed things you used to outsource or avoid.

Canva gave you templates and structure; AI gave you images from plain-language descriptions.

You built a poster or invitation for a real upcoming need, with your own hands, start to finish.

You saw the wider image landscape too: free tools carried your exercises, and the famous paid ones appeared as honest demos.

One look, repeated everywhere: that is brand basics, and now you have one.

Prompts we used

1. I am designing a poster for _____ (a real event or business need). Audience: _____. Suggest three layout concepts: what is the one main image, the one main line, and the details block in each.
2. Write the text for my poster: event _____, date _____, place _____, contact _____. Main line under 8 words, warm and clear, nothing salesy.
3. Generate an image of _____ in a _____ style (photo-real, illustration, festive, minimal). No text inside the image; I will add text in Canva.
4. My poster looks crowded. Here is what is on it: _____. Tell me what to remove first, and why less will work better.
5. Mere boutique ke liye ek simple brand look chahiye: 2 colour, 1 font style, 1 feeling. Mera kaam hai _____. Suggest karo.
6. Resize plan: I made one poster. List what I should change for a WhatsApp status version, an Instagram post, and a printout, so each looks natural.

Demoed only, not used in exercises (paid tools):

- **Midjourney:** famous for image quality, subscription only. You watched it work; your exercises used free Gemini and Canva image tools

Now you try

1. Finish your real poster or invitation and export it. What is it for, and when will it actually be used?

2. Write your one-look brand card:

My two colours: _____

My font style: _____

The feeling my designs should give: _____

3. Generate one AI image, then improve your prompt twice. Write the prompt version that finally worked:

Watch out

WATCH OUT

AI images get hands, spellings and logos wrong, and they can look eerily generic. Check every generated image closely before printing. Where a real photo of your real shop, product or family serves better, use the real photo. And label AI-generated images when you publish them; trust is your brand's spine.

My notes

Day 6: Audio, Video and Presentations

What today was really about

Today you went from script to screen: a written hook, a phone shoot, clean cuts, captions, music.

Gamma turned an outline into a full presentation while you watched, then you made it yours.

Suno gave your family event a song of its own.

The famous AI video and voice tools appeared as labelled demos: impressive, evolving, mostly paid, and not required for anything you built.

You also saw the dark side honestly: cloned voices and deepfakes, and why disclosure is a creator's duty now.

Prompts we used

1. Write a 60-second video script about _____ for _____ (family, customers, students). Structure: a hook in the first 3 seconds, three simple points, one warm ending line. My speaking style: _____
2. Break my script into shots: what I say to camera, what I show meanwhile, and where the captions change.
3. Write on-screen captions for this script in chunks of 4 to 6 words, timed to natural pauses:

4. Write Suno lyrics for a song about _____ (a birthday, an anniversary, our shop) in a _____ mood. Two short verses and a chorus, simple words that sing well.
5. Build a presentation outline on _____ for an audience of _____: 8 slides, one idea per slide, a strong opening and a clear closing ask. (Then give this outline to Gamma.)
6. Meri video ka pehla 3 second kamzor hai. Script yeh hai: _____. Teen alag hook likho: ek sawaal, ek chaunkane wali baat, ek seedha faayda.

Demoed only, not used in exercises (paid or credit-limited tools):

- **ElevenLabs**: the industry-standard AI voice tool. Tiny free tier, real use is paid. You saw its quality, and you saw why scammers abuse voice cloning
- **Google Flow (Veo), Higgsfield, MiniMax Hailuo**: AI video generators. Trials exist, serious use costs money. Your video today came from your own camera and InShot, both free
- **Suno note**: free tier covers drafts and personal use like today's family song; business use of Suno songs needs its paid plan

Now you try

1. Finish your 60-second video: shot, edited in InShot, captioned, exported. What is its subject, and who will you show it to first?

2. Build your Gamma presentation from your outline, then change at least three things so it is yours, not the template's. What did you change?

3. Play your Suno song to one person. Their reaction, in their words:

Watch out

WATCH OUT

A voice on a call that sounds exactly like family can be AI-made; remember this from both sides. Never make deepfakes of real people, even as a joke, and label AI-made audio and video when you share it. If money is ever requested by a familiar voice, verify by calling back on the saved number. The national cyber fraud helpline is 1930.

My notes

Day 7: Research, Learning and Verification

What today was really about

Today was about finding truth fast, which is the rarest skill in a noisy world.

Perplexity gave you answers with sources you could actually open and check.

You made two AI tools argue, and watched the disagreement teach you more than either answer alone.

NotebookLM became your private study assistant for any subject you feed it.

You left with a verification checklist short enough to actually use, and a research brief you verified yourself.

Prompts we used

1. Research _____ for me. Give the main facts with sources for each claim, and separate what is established from what is opinion or debate. (Use in Perplexity.)
2. Here is what another AI told me about _____: _____. Check this critically. What is right, what is doubtful, and what is missing?
3. I want to learn _____ in the next 30 days, with _____ minutes a day. Build a week-by-week study plan with one small practical task each week.
4. I loaded my study material into NotebookLM. Quiz me: five questions from this material, one at a time, and correct my answers with references to where it says so.
5. Is this news claim true: _____? Search for original sources, tell me who first reported it, and flag anything that looks like a rumour chain.
6. Yeh WhatsApp forward aaya hai: _____. Sach hai ya afwaah? Kaise check karun, seedhe steps batao.

7. Summarise both sides of the debate on _____ fairly, then list the three strongest facts each side uses.

Now you try

1. Complete your one-page research brief on the topic you chose. Topic, and the finding that surprised you most:

2. Make ChatGPT and Perplexity disagree: ask both the same question and compare. Where did they differ?

3. Fact-check one real forward from your own family group. Verdict, and how you checked:

Watch out

WATCH OUT

A listed source is not a checked source. Click through: does the page actually say what AI claims it says? Dates matter too; a true fact from 2021 can be a false fact today. Your checklist: who says it, where originally, how old, and does a second independent source agree.

My notes

Day 8: Automating Your Routines, No Coding

What today was really about

Today you stopped repeating yourself.

The automation audit found the tasks you do every week on autopilot, and you turned three of them into saved, reusable prompt routines.

Custom instructions taught ChatGPT and Gemini who you are, so every future chat starts warm instead of cold.

Your morning briefing, your weekly review, your follow-up system: written once, used forever.

And you marked the honest boundary: judgment, relationships, and final decisions still belong to you.

Prompts we used

1. Here is a list of tasks I repeat every week: _____. Which three are best suited to a reusable AI routine, and why those three?
2. Turn this task into a reusable prompt template with blanks: _____. The blanks should be only the parts that change each time.
3. Write my custom instructions: I am _____, I do _____, I prefer replies that are _____ (short, in Hinglish, with steps). Keep it under 150 words so I can paste it into my AI settings.
4. Build my morning briefing prompt: every morning I want _____ (my day's tasks organised, one message drafted, a summary of topics I follow). One single prompt I run with my updates pasted in.
5. Build my weekly review prompt: every Sunday I want to review _____ (money, work, family duties, learning). Ask me the same five questions each week and compare with what I said last time.
6. Design a follow-up system for _____ (customers, colleagues, relatives): a reminder list format plus a polite follow-up message template with blanks.
7. Mujhe roz subah ek hi kaam baar baar karna padta hai: _____. Iska ek fixed prompt bana do jo main roz paste kar sakoon.

Now you try

1. Your automation audit: write the three repeating tasks you chose to automate:

2. Save all three routines on your phone where you will actually find them. Where did you save them?

3. Run your morning briefing prompt once, live. What will you change in version two?

Watch out

WATCH OUT

Automation multiplies whatever you feed it, including mistakes. Reread every routine's output before it reaches another human, especially follow-up messages to customers. And never automate what needs your heart: apologies, condolences, hard conversations. People can tell, and they should be able to.

My notes

Day 9: Your Personal AI Operating System

What today was really about

Nine days of tools and skills became one system today: yours.

You chose your keeper stack, four or five tools, and let the rest go without guilt.

Your prompt library got organised: named, grouped, findable in ten seconds.

You designed your daily and weekly rhythm on paper, because a routine that is not written is a wish.

And you chose your capstone: one real project, presented tomorrow, built from everything you now know.

Prompts we used

1. In these nine days I used: ChatGPT, Gemini, Perplexity, NotebookLM, Canva, Gamma, InShot, Suno. My life mostly involves _____. Which 4 or 5 should be my permanent stack? Argue for your choices, then let me decide.
2. Help me organise my prompt library. Here are my saved prompts: _____. Group them, give each a short findable name, and flag duplicates.
3. Design my AI routine: daily _____ minutes and a weekly review on _____. Fit my routines from day 8 into a realistic schedule that survives a busy week.
4. A new AI tool just launched and everyone is praising it. Give me five questions to judge any new tool: what it replaces, what it costs, what data it wants, whether free tools already do this, and how I test it in 15 minutes.
5. Here is my capstone idea: _____. Ask me five hard questions about scope, then help me cut it down to what is honestly finishable by tomorrow afternoon.
6. Break my capstone into steps: what I finish tonight, what I finish tomorrow morning, and what I show the batch. Add a backup plan if one part fails.

Now you try

Your capstone planning pages. Fill these completely today. Tomorrow is for building, not deciding.

1. My capstone project, in one sentence: _____
2. Who it is really for: _____
3. The pieces it needs (tick what applies): writing _____, design _____, video _____, research _____, presentation _____, routine _____
4. What must exist by tomorrow 2 pm, at minimum: _____
5. What I will cut first if time runs short: _____

6. Tonight I will finish: _____
7. Tomorrow morning I will finish: _____
8. My one-line backup plan: _____
9. My tool stack (the 4 or 5 I am keeping): _____
10. Where my prompt library now lives: _____

Watch out

WATCH OUT

The capstone killer is ambition, not ability. A small finished project beats a grand half-built one in every way that matters tomorrow. Cut scope tonight, cheerfully. And keep the tool-judging questions close: next month's shiny new AI tool must earn its place against the free stack you already trust.

My notes

Day 10: Capstone Day: Show What You Built

What today was really about

Today you finished something real and stood up to show it.

Whatever your hands shook like, you presented a project that did not exist ten days ago, made by you.

Eleven other projects taught you eleven different ways this course lives in the real world.

The honesty recap ran one last time: hallucination, privacy, verification, because tools change and those three do not.

And you wrote your 90-day plan, which is where the bootcamp truly ends: not today, but ninety days from now.

Prompts we used

1. Help me prepare a 3-minute presentation of my capstone: what problem it solves, how I built it, what AI did and what I did, and one thing that went wrong and taught me something.
2. Ask me five questions an audience might ask about my project, including one uncomfortable one, and help me prepare honest answers.
3. Here is my capstone and my normal week: _____. Build my 90-day plan: month one habits, month two skills to deepen, month three something new to attempt. Keep every week light enough to survive real life.

4. Write my one-line reminder for the days I feel like giving up on this practice. Make it honest, not motivational-poster fluff. My reason for learning this was: _____
5. Batch ke saamne bolne se ghabrahat ho rahi hai. Meri presentation ke pehle 30 second ke liye do simple opening lines likho, meri tarah, seedhi si.

Now you try

1. Present your capstone. Then record the moment here:

My project: _____

The question from the batch that made me think hardest: _____

What I would do differently: _____

2. From the other presentations, one idea you are stealing with pride:

3. Sign your own certificate of honesty. Complete these in your own words:

When AI gives me a fact that matters, I will: _____

The things I will never share with any AI tool are: _____

Before I forward or publish anything AI made, I will: _____

Watch out

WATCH OUT

The risk from tomorrow is drift: no class, no batch, no teacher, and the practice quietly stops. Your defence is written on the next pages: a 90-day plan with checkpoints and your batch group for accountability. Ten days built the skill. The next ninety days decide whether you keep it.

My notes

Your complete prompt library

Every prompt from ten days, grouped by day. Fill the blanks each time you use one.

Day 1: Foundations

1. My name is _____. I do _____. Introduce yourself and ask me three questions to understand how you can help me.
2. Explain what AI actually does in plain language, then list three things you cannot do or often get wrong.

3. Before answering my request about _____, ask me any details you need.
4. Give me this fact: _____. Then tell me honestly how confident you are and how I should verify it.
5. Rewrite your last answer at half the length, in simpler words.
6. Meri routine yeh hai: _____. AI kahan kaam aa sakta hai, 5 practical idea do.
7. What tasks are ChatGPT, Gemini, Perplexity, Grok and Claude each known to handle well? Be fair about weaknesses.

Day 2: Daily life

8. Plan a weekly menu for my family of _____, with a full market list.
9. Build a monthly budget from my income and expenses: _____. Show realistic savings.
0. Plan a _____-day trip from _____ to _____, budget _____. I will verify prices before booking.
1. Explain this photographed bill or notice in plain words: what, by when, what if ignored.
2. Yeh form samajh nahi aa raha. Photo se batao kaunsa section kya maang raha hai.
3. Explain only the terms in this health report and give me questions for my doctor.
4. Design my five-minute morning AI routine as one reusable prompt.

Day 3: Writing

5. Here are two of my messages: _____. Describe my style in five points and keep it today.
6. Draft a message to _____ about _____. Polite but firm, under 100 words, my style.
7. Rewrite the same message warmer, more formal, and shorter.
8. Landlord ko repair ke liye firm par respectful message likho. Details: _____
9. Draft this difficult message with care and flag lines that might be misread: _____
0. Cut my draft by a third, keep the voice, mark what you removed: _____
1. Translate this into _____ keeping the same tone and respect level: _____

Day 4: Documents

2. Interview me, then rebuild my resume or business profile: same facts, stronger telling.
3. Rewrite this experience point to show results, no invented numbers: _____
4. Summarise my uploaded document in one page: points, deadlines, anything unusual. (NotebookLM)
5. Turn these rough notes into clean minutes with action points: _____
6. Draft a one-page proposal or notice for _____: purpose, audience, key points.
7. Role-play an interview for _____, one question at a time, honest feedback.
8. Resume summary ko professional banao, par machine jaisa nahi: _____

Day 5: Design

- i9. Three layout concepts for my poster about _____: main image, main line, details block.
- i10. Write my poster text: event, date, place, contact. Main line under 8 words.
- i11. Generate an image of _____ in _____ style, no text inside the image.
- i12. My poster is crowded. Here is what is on it: _____. What do I remove first?
- i13. Mere kaam _____ ke liye simple brand look: 2 colour, 1 font, 1 feeling.
- i14. Adapt my poster for WhatsApp status, Instagram, and printout.

Day 6: Audio and video

- i15. Write a 60-second video script about _____: hook, three points, warm ending, my style.
- i16. Break my script into shots, cutaways and caption changes.
- i17. Write captions in 4 to 6 word chunks timed to pauses: _____
- i18. Write Suno lyrics about _____ in a _____ mood: two verses, one chorus.
- i19. Outline an 8-slide presentation on _____ for _____, strong opening, clear ask. (Then Gamma)
- i20. Pehle 3 second kamzor hain. Teen hook likho: sawaal, chaunkane wali baat, faayda.

Day 7: Research

- i1. Research _____ with sources per claim; separate established facts from opinion. (Perplexity)
- i2. Another AI said this: _____. Check it critically: right, doubtful, missing.
- i3. Build a 30-day study plan for _____ at _____ minutes a day.
- i4. Quiz me five questions from my uploaded material, correcting with references. (NotebookLM)
- i5. Is this news claim true: _____? Find original sources and flag rumour chains.
- i6. Yeh forward sach hai ya afwaah: _____? Check karne ke seedhe steps batao.
- i7. Summarise both sides of _____ fairly with each side's three strongest facts.

Day 8: Routines

- i8. From my repeating tasks _____, pick the three best suited to AI routines and say why.
- i9. Turn this task into a reusable prompt template with blanks: _____
- i10. Write my custom instructions in under 150 words: who I am, what I prefer.
- i11. Build my single morning briefing prompt for _____.
- i12. Build my Sunday weekly review prompt: same five questions every week.
- i13. Design a follow-up system for _____: reminder list plus message template.
- i14. Roz ka ek hi kaam hai: _____. Fixed daily prompt bana do.

Day 9: Your system

- i15. From the tools I used, argue for my permanent stack of 4 or 5. My life involves _____.
- i16. Organise my prompt library: group, name, flag duplicates: _____
- i17. Fit my routines into a realistic daily and weekly schedule.
- i18. Give me five questions to judge any new AI tool in 15 minutes.

i9. Ask me five hard scope questions about my capstone idea: _____

i10. Break my capstone into tonight, tomorrow morning, and a backup plan.

Day 10: Capstone and beyond

i1. Prepare my 3-minute capstone presentation: problem, build, AI's part, my part, one lesson.

i2. Ask me five audience questions, including one uncomfortable one.

i3. Build my 90-day plan from my capstone and my normal week: _____

i4. Write my honest one-line reminder for low-motivation days. My reason: _____

i5. Presentation ke pehle 30 second ke liye do seedhi opening lines likho.

Your safety card

Ten days of honesty, on one page. Read it monthly.

What never to share with any AI tool

- OTPs and passwords, ever, under any framing
- Bank account, card, PIN, UPI details
- Aadhaar, PAN, passport numbers
- Other people's private details without their permission
- Anything you would not want read back to you in public

Verification habits

- Confidence is not correctness: AI states inventions in perfect grammar
- Facts that matter get a source, and you open the source
- Dates, prices, timings, and legal or health claims get checked on official sites or with real professionals
- Two independent sources beat one confident answer
- Old truths can be current falsehoods: check the date

Scams to know

- Voice-clone calls: a familiar voice asking for money can be AI-made. Hang up, call back on the saved number, use a family code word for emergencies
- Digital arrest calls: police, CBI or customs demanding money on a call or video is always a scam. No such procedure exists
- Deepfake videos: seeing is no longer believing. Verify shocking clips before forwarding
- If money moved or fear was used: call the national cyber fraud helpline **1930** immediately

Your disclosure duties

- Label AI-generated images, audio and video when you publish them
- Never fabricate testimonials, reviews or results

- Never make deepfakes of real people, even as a joke
 - Suno music in monetised or business content needs its paid plan; personal use is fine on free
-

Keep going: your 90-day plan

The bootcamp ends. The practice begins. Fill this on day 10 and put a reminder in your phone for each checkpoint.

Month 1: Protect the habit (days 1 to 30)

- Run your morning briefing prompt daily, even badly, even in 2 minutes
- Complete your weekly review every Sunday: 4 reviews this month
- Use your capstone in the real world and note what happens: _____
- Checkpoint, day 30: I still use AI daily for _____ and my routines that survived are _____

Month 2: Deepen two skills (days 31 to 60)

- Choose the two bootcamp days that serve your life most: _____ and _____
- Go deeper in both: one real project per skill this month
- Refresh your prompt library: retire what you never used, sharpen what you use weekly
- Teach one person one skill from this workbook. Teaching locks learning
- Checkpoint, day 60: my two projects were _____ and _____

Month 3: Attempt something new (days 61 to 90)

- Pick one thing you have not tried: a new tool judged by your five questions, a bigger project, or a skill from a day you underused
- Reread your safety card and this workbook's Watch out boxes once
- Write the next 90-day plan yourself, in your notes, without needing this page
- Checkpoint, day 90: compared with day 1 of the bootcamp, I can now _____

Your anchors, all 90 days

- The batch group: share one win or one failure every week
 - The honesty rules ride along everywhere: verify, protect privacy, disclose AI content
 - Miss a week? Restart without drama. The plan forgives; abandoning it is the only failure
-

Plain-words glossary

- **AI:** a computer program you talk to in normal language, which talks back
- **Prompt:** the request you type or speak to an AI tool
- **Prompt template:** a saved prompt with blanks, written once and reused
- **Custom instructions:** standing notes that teach an AI tool who you are and how you like replies

- **Hallucination:** AI confidently stating something false
- **Voice typing:** speaking instead of typing; the phone writes your words
- **NotebookLM:** a free tool that reads your documents and answers questions about them
- **Perplexity:** an AI search tool that shows sources you can check
- **Gamma:** a tool that builds presentations from an outline
- **Capstone:** your final project, built from skills across the whole course
- **Deepfake:** fake audio or video of a real person, made by AI
- **Voice clone:** an AI copy of a real person's voice, used by scammers on calls
- **1930:** the national cyber fraud helpline; save it in your phone
- **Free tier:** the no-cost version of a tool; everything you built here ran on free tiers