

STUDENT WORKBOOK

Earn from Home with AI

5 days, 2 hours a day · Online across India, in person from Jaipur



AI Coaching India

This workbook belongs to _____

Batch code: _____

Earn from Home with AI: Your Workbook

Dear builder,

Yes, builder. By the end of this week you will have built something real: a named offer, a catalogue, a launch message sent to real people. This workbook is your building site. Write in it, fold it, spill chai on it. Every prompt from class is here with blanks for your own details, and every costing line is here so your numbers stay honest. When the course ends, this book becomes your first business file. Keep it where you can reach it, because you will come back to it more than you think.

With belief in small and real,

Team AI Coaching India

Before day one

- Install **ChatGPT** (free app by OpenAI) and **Google Gemini** (free, signs in with your Gmail).
- Install **Canva** (free) and create a free account with the same Gmail.
- Install **WhatsApp Business** (free, separate from normal WhatsApp). Do not set it up yet, we do it together in class. If you have only one SIM, we will discuss options on Day 4 before anything changes.
- Check **Google Sheets** (free) opens with your Gmail.
- Bring: your charged phone, a charger, and one honest answer written down: what do people compliment you for? Cooking, stitching, teaching, organising, explaining, decorating. Bring that answer, it is your raw material.
- One reassurance: nobody in this course will be pushed to invest money, quit anything, or promise anyone lakhs. We build small and real, at your pace.

Day 1: The honest map of earning from home

What today was really about

Today we cleared the fog. Most "earn from home" content online is either a scam or an exaggeration, and you now know how to tell. The real options, tuition, tiffin, boutique work, reselling, content, freelancing, all work, but they start small and grow with effort. You picked your one option, and that choice is the foundation for everything this week. One offer, done well, beats five ideas done never.

Prompts we used

1. Main ghar se kaam shuru karna chahti hoon. Mujhe yeh cheezein aati hain: _____. Meri din mein _____ ghante free hain. Mere liye 5 realistic income ideas do, har ek ke saath honest effort aur time estimate.
2. Compare these two options for me honestly: _____ and _____. For each one tell me: startup cost, time per day, how long before the first customer usually comes, and what

can go wrong.

3. Yeh "work from home" offer mujhe online mila hai: _____. Iske red flags check karo. Kya yeh scam jaisa lagta hai? Seedha jawab do.
4. I have chosen _____ as my home business option. Ask me 5 tough questions I should answer before starting, one at a time.
5. Mere area mein _____ ki demand kaisi check karoon, bina paisa kharch kiye? Mujhe 5 simple tareeke batao.

Now you try

1. Write your chosen option in one line: _____
2. Who are your first likely customers? Name three real circles (society group, school parents, kitty group, relatives): _____
3. Write your honest income expectation for the first month. Small is fine, real is the point:

Watch out

WATCH OUT

Any scheme that asks for a registration fee, promises fixed daily income, or pays you to recruit others is a trap, every time. Real home income never starts with you paying them. When in doubt, bring the offer to class and we will dissect it together.

My notes

Day 2: Shape your offer

What today was really about

An idea becomes a business the day it has one clear sentence and honest numbers. Today you wrote what you sell, who it is for, and what it costs you to make, line by line. You also did something most new sellers never do: you put this course fee itself into your costing sheet as a startup cost. Now you know exactly how many orders repay it. That is not pressure, that is clarity, and clarity is what keeps small businesses alive.

Prompts we used

1. Meri skill: _____. Isse ek chhota sa offer banao: ek sentence mein kya bech rahi hoon, kiske liye hai, aur usse kya milega. 3 versions do, main choose karoongi.

2. Rewrite my offer sentence so a customer with no time understands it in 5 seconds:

3. Make me a costing sheet structure for _____ with rows for: materials, packaging, delivery, my time at _____ rupees per hour, and a startup costs section. I will fill the numbers myself.

4. Mere startup costs yeh hain: course fee 2999, aur _____. Agar main har order par _____ रुपये profit rakhon, toh kitne orders mein meri startup cost wapas aa jayegi? Calculation step by step dikhao.

5. Is my starting price of _____ for _____ too low, too high, or fair? Ask me what it costs me to make before you answer.

Now you try

1. Write your one-sentence offer, final version: _____

2. Fill your costing sheet with real numbers. Your cost per order: _____ Your price: _____ Your profit per order: _____

3. Your startup costs total (including this course fee): _____ Orders needed to repay it: _____

Watch out

WATCH OUT

Never paste your home address, family details, or financial documents into AI chats while planning your business. AI helps with structure and maths, but check every calculation yourself once. A costing mistake repeated over fifty orders is a real loss.

My notes

Day 3: Your brand, made in Canva

What today was really about

Trust is what customers actually buy from a small home business, and today you built the visible part of trust: a name, a logo, a matching display picture, and an intro card. None of it needed a designer or a single rupee. The magic moment for most learners today: seeing their own business name in a clean logo for the first time. It suddenly feels real, because it is.

Prompts we used

1. Mere business ke liye naam suggest karo. Main _____ bechti hoon, mere customers _____ hain, aur mujhe naam chahiye jo Hindi aur English dono mein achha lage. 10 options do.
2. Shortlist these 3 names with me: _____, _____, _____. For each, tell me how easy it is to say aloud, remember, and search.
3. Write a short tagline under 6 words for my business: _____. Give me 5 options, simple words only.
4. Describe a simple logo idea for _____ that a beginner can build in Canva free: colours, one icon, font style. Nothing complicated.
5. Write my WhatsApp Business intro card text: business name _____, what I sell _____, area _____, how to order. Warm and short.
6. Mere product photos phone se achhe kaise aayenge? _____ ke liye 5 simple photography tips do, bina kisi equipment ke.

Now you try

1. Your final business name: _____. Did you search it online to check no established brand already uses it? _____
2. Which Canva template did you build your logo from, and what did you change to make it yours? _____
3. Show your logo to two family members tonight. Their honest reaction: _____

Watch out

WATCH OUT

Before you fall in love with a name, search it. Copying an existing brand's name or logo, even by accident, can cause real trouble later. Also check Canva elements marked with a crown: those are paid, and everything you need today exists in the free tier.

My notes

Day 4: Prices and your WhatsApp catalogue

What today was really about

Today your business became visible. A WhatsApp Business profile with your logo, a greeting message, quick replies, and a catalogue with real photos and clear prices: that is a shop, and you built it in an

afternoon. You also practised the conversations sellers fear most, discounts and bargaining, so the first "thoda kam karo na" does not shake you.

Prompts we used

1. Yeh mera costing hai: banane ka kharcha _____, meri mehnat ka time _____ ghante. Doosre log aise product ke liye _____ le rahe hain. Mujhe ek fair price range suggest karo aur reasoning samjhao.
2. Write a warm greeting message for my WhatsApp Business: business name _____, what I sell _____, my reply hours _____. Under 40 words.
3. Write 5 quick replies for my business covering: price list request, delivery area and charges, how to pay by UPI, order confirmation, and a polite out-of-stock message. Product: _____
4. Is product ke liye ek chhota description likho jo catalogue mein jaayega: _____. 25 words se kam, seedhi baat, koi over-promise nahi.
5. A customer says my price is too high and asks for a discount. Write me 3 polite replies: one holding my price with a reason, one offering a small first-order sweetener, one saying no gracefully.
6. Meri UPI payment aane ke baad ka thank you message likho jo order details confirm kare: item _____, delivery day _____.

Now you try

1. Your catalogue is live with at least three items. List them with prices: _____
2. Read your AI-written descriptions aloud and fix one line in each to sound like you. Which lines did you change? _____
3. Practise the discount conversation with a classmate. Which of your three replies felt most natural? _____

Watch out

WATCH OUT

AI writes smooth descriptions, and smooth can drift into over-promising. Cut every claim your product cannot keep. "Ghar ka shudh khana" only if it truly is. Your reputation in your own community is the whole business, protect it from day one.

My notes

Day 5: First customers and staying safe

What today was really about

Today you launched. Not planned to launch, launched: your message went to a real circle of real people. However the replies come, slow or fast, you have crossed the line most people never cross. You also learned the seller's side of safety, because the moment you start receiving payments, scammers notice. Fake payment screenshots and giant "urgent bulk orders" from strangers are the welcome committee of Indian online selling. You know them now.

Prompts we used

1. Mera launch message likho mere society group aur family groups ke liye: business _____, main kya bech rahi hoon _____, pehla offer agar koi hai _____. Warm aur seedha, bilkul spammy nahi, 60 words se kam.
2. Rewrite my launch message in English for my building's official group, same warmth, slightly more formal.
3. Ek happy customer ko review ke liye kaise poochhoon bina awkward lage? 2 message options do, chhote aur genuine.
4. A stranger sent a big urgent bulk order and wants me to pay a "security deposit" first. Explain the scam pattern here and write my polite refusal.
5. Google Sheets ke liye ek simple income aur expense tracker banao: date, item, order se aaya paisa, kharcha, profit. Ek hi table, simple.
6. Mere business ke liye 30 din ka action plan banao: har hafte 2 chhote kaam, realistic, ek working homemaker ke schedule mein fit.

Now you try

1. Your launch message went to which groups today? _____
2. First replies or enquiries, if any (no reply yet is normal, note the date you will follow up):

3. Open your income tracker and enter your startup costs from Day 2 as the first rows. Done?

Watch out

WATCH OUT

Trust your bank alert or UPI app, never a customer's screenshot. Screenshots are edited every day. Money is yours only when your own app says so. Never pay any "deposit" or "verification fee" to receive an order. And if a fraud ever succeeds, call 1930 immediately, the first hour matters.

My notes

Your complete prompt library

Day 1: The honest map

1. Main ghar se kaam shuru karna chahti hoon. Mujhe yeh cheezein aati hain: _____. Meri din mein _____ ghante free hain. Mere liye 5 realistic income ideas do, har ek ke saath honest effort aur time estimate.
2. Compare these two options for me honestly: _____ and _____. For each one tell me: startup cost, time per day, how long before the first customer usually comes, and what can go wrong.
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Day 2: Shape your offer

6. Meri skill: _____. Isse ek chhota sa offer banao: ek sentence mein kya bech rahi hoon, kiske liye hai, aur usse kya milega. 3 versions do, main choose karoongi.
7. Rewrite my offer sentence so a customer with no time understands it in 5 seconds:

8. Make me a costing sheet structure for _____ with rows for: materials, packaging, delivery, my time at _____ rupees per hour, and a startup costs section. I will fill the numbers myself.
9. Mere startup costs yeh hain: course fee 2999, aur _____. Agar main har order par _____ rupaye profit rakhoon, toh kitne orders mein meri startup cost wapas aa jayegi? Calculation step by step dikhao.
0. Is my starting price of _____ for _____ too low, too high, or fair? Ask me what it costs me to make before you answer.

Day 3: Your brand

1. Mere business ke liye naam suggest karo. Main _____ bechti hoon, mere customers _____ hain, aur mujhe naam chahiye jo Hindi aur English dono mein achha lage. 10 options do.
2. Shortlist these 3 names with me: _____, _____, _____. For each, tell me how easy it is to say aloud, remember, and search.
3. Write a short tagline under 6 words for my business: _____. Give me 5 options, simple words only.

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Day 4: Prices and catalogue

7. Yeh mera costing hai: banane ka kharcha _____, meri mehnat ka time _____ ghante. Doosre log aise product ke liye _____ le rahe hain. Mujhe ek fair price range suggest karo aur reasoning samjhao.
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12. Meri UPI payment aane ke baad ka thank you message likho jo order details confirm kare: item _____, delivery day _____.

Day 5: Launch and safety

13. Mera launch message likho mere society group aur family groups ke liye: business _____, main kya bech rahi hoon _____, pehla offer agar koi hai _____. Warm aur seedha, bilkul spammy nahi, 60 words se kam.
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17. Google Sheets ke liye ek simple income aur expense tracker banao: date, item, order se aaya paisa, kharcha, profit. Ek hi table, simple.
18. Mere business ke liye 30 din ka action plan banao: har hafte 2 chhote kaam, realistic, ek working homemaker ke schedule mein fit.

Your safety card

Selling online makes you a target for a new set of scams. Keep this page close.

Never do these, no exceptions:

- Never pay a registration fee, deposit, or "verification charge" to get work or receive an order. Real customers pay you, not the other way around.
- Never trust a payment screenshot. Money is real only when your own bank SMS or UPI app confirms it.
- Never share your OTP, UPI PIN, or bank password with anyone, including people claiming to be from Paytm, PhonePe, or your bank.
- Never approve a UPI collect request to "receive" money. Receiving money never needs your PIN or approval.
- Never put your home address in public groups. Share it only after an order is confirmed, and only what delivery needs.

Seller scam patterns to recognise on sight:

- The urgent bulk order from a stranger who then needs you to pay something first.
- The "accidentally sent extra money, please return the difference" trick built on a fake screenshot.
- "Earn lakhs from home" schemes where the product is really recruitment fees from people like you.

Your habits: confirm payment in your own app before dispatch, keep your tracker updated so odd entries stand out, and verify unusual requests by calling the person on a known number. If money is ever taken from you, call **1930**, the national cyber fraud helpline, immediately.

Keep going: your 30-day plan

Week 1: Follow up politely with everyone who saw your launch message but went quiet. Post your intro card as a WhatsApp status twice this week. Enter every rupee in and out into your tracker.

Week 2: Ask your first customers, even if they are relatives, for an honest review message. Add one new item or variation to your catalogue.

Week 3: Review your costing sheet against reality: did delivery, packaging, or time cost more than planned? Adjust your price if the numbers say so, calmly and with a reason ready.

Week 4: Count honestly: orders, income, expenses, and how far you are on repaying your startup costs. Then plan the next month with the same weekly rhythm: two small actions a week, every week.

Small, steady, and tracked. That is how home businesses actually grow.

Plain-words glossary

- **Offer:** the one clear thing you sell, described so a customer instantly gets it.
- **Costing:** adding up everything one order costs you, including your own time.
- **Startup cost:** money spent before your first sale, like this course fee or first materials. You track it so sales can repay it.

- **Profit:** your price minus your full cost. If you skip your time in costing, your profit is a lie.
- **Catalogue:** the browsable list of your products in WhatsApp Business, with photos and prices.
- **Quick reply:** a saved message in WhatsApp Business you send with two taps.
- **Broadcast:** one message sent privately to many contacts at once, without a group.
- **UPI:** the payment system behind PhonePe, Google Pay, and Paytm.
- **UPI collect request:** a request that asks you to approve a payment. Approving an unknown one sends your money away.
- **Fake screenshot:** an edited image of a payment that never happened. Your bank alert is the only truth.
- **Prompt:** the instruction you give AI. Details in, quality out.
- **Hallucination:** AI confidently making things up. Check its facts and its maths.
- **Tracker:** your income and expense sheet. Five minutes a day, and you always know where you stand.
- **Reseller:** someone who sells products made by others, common on WhatsApp. A real option, done honestly.