

Printable Worksheet

My Everyday AI Automation Planner

Tasks I Repeat Every Week

Could AI Help Me?

Task	Yes	Maybe	No
Emails	☐	☐	☐
Shopping	☐	☐	☐
Meal Planning	☐	☐	☐
Appointments	☐	☐	☐
Travel Planning	☐	☐	☐
Household Lists	☐	☐	☐

My Favourite Prompt

Time Saved This Week