

▣ ▣ PRACTICAL WORKSHEET

My AI Time Saver Worksheet

Today's Date: _____

Task 1

Something that usually takes me a long time:

AI Prompt I Used:

How much time did I save?

Task 2

Prompt Used

Time Saved

Task 3

Prompt Used

Time Saved

Reflection

The most useful thing AI helped me with today was:

Tomorrow I want AI to help me with: