

❑ ❑ **Worksheet – Tutorial 34**

Using AI for Mental Fitness, Memory, and Lifelong Learning

Practical AI for Everyday Life

Name: _____

Date: _____

❑ ❑ **This Week's Goal**

By completing this worksheet, you will:

- ✓ Learn something new using AI
- ✓ Strengthen your memory
- ✓ Practice asking better questions
- ✓ Develop a daily learning habit
- ✓ Discover how AI can become your personal tutor

Part 1 – My Learning Goals

What three subjects have you always wanted to learn more about?

1. _____
2. _____
3. _____

Which one will you begin with this week?

Why does this interest you?

Part 2 – Meet Your AI Tutor

Choose one topic and ask AI to teach it to you.

Topic:

Write the first prompt you used.

What was the most interesting thing you learned?

Part 3 – Ask Better Questions

Good learning comes from good questions.

Write at least five follow-up questions you asked AI.

1. _____
2. _____
3. _____
4. _____
5. _____

Did the answers improve your understanding?

☐ Yes

☐ Somewhat

☐ Not yet

Part 4 – AI Explains It Again

Ask AI:

"Please explain this in simpler language."

Was the second explanation easier?

☐ Yes

☐ No

What helped the most?

Part 5 – Test Your Memory

Ask AI to quiz you.

Score yourself.

Question 1 ☐ Correct ☐ Incorrect

Question 2 ☐ Correct ☐ Incorrect

Question 3 ☐ Correct ☐ Incorrect

Question 4 ☐ Correct ☐ Incorrect

Question 5 ☐ Correct ☐ Incorrect

How many did you remember?

_____ / 5

What should you review again?

Part 6 – Learn Something Completely New

Choose something you've never studied before.

Examples:

- ☐ Astronomy
- ☐ Ancient History
- ☐ Photography
- ☐ Gardening
- ☐ Artificial Intelligence
- ☐ Languages
- ☐ Cooking
- ☐ Music
- ☐ Painting
- ☐ Genealogy
- ☐ Other:

What surprised you most?

Part 7 – Learn a New Language

Choose a language.

Language:

Learn five new words.

Word

Meaning

Can you remember all five tomorrow?

☐ Yes

☐ Almost

☐ Need more practice

Part 8 – Brain Exercise

Ask AI to create:

- ☐ A crossword
- ☐ A trivia quiz
- ☐ A logic puzzle
- ☐ A memory game
- ☐ A word challenge
- ☐ A number puzzle

Which activity did you enjoy the most?

Part 9 – Improve Your Memory

Ask AI:

"Help me remember these five facts."

Write them here.

1.
2.
3.
4.

How many could you remember after one hour?

How many could you remember tomorrow?

Part 10 – Build a Learning Habit

Choose a daily learning schedule.

☐ Morning

☐ Afternoon

☐ Evening

How many minutes each day?

☐ 10 minutes

☐ 15 minutes

☐ 20 minutes

☐ 30 minutes

My learning time:

Part 11 – Create Your Personal Learning Plan

Monday

Learn:

Tuesday

Learn:

Wednesday

Learn:

Thursday

Learn:

Friday

Learn:

Saturday

Learn:

Sunday

Review everything learned.

What did you enjoy the most?

Part 12 – My Favorite AI Prompts

Write three prompts you would like to use again.

Prompt 1

Prompt 2

Prompt 3

Weekly Reflection

What new skill did I begin learning?

What was the most interesting thing I discovered?

Did AI make learning easier?

- ☐ Yes
- ☐ Somewhat
- ☐ Not yet

What would I like to learn next?

★ Weekly Challenge

Spend **15–20 minutes each day** learning something new with AI.

By the end of the week:

- ☐ I learned a new topic.
- ☐ I completed an AI quiz.
- ☐ I practiced a new skill.

- ☐ I learned five words in another language.
- ☐ I solved a brain puzzle.
- ☐ I asked better questions.
- ☐ I created a seven-day learning habit.

☐ **My Achievement**

Congratulations!

You have taken another important step toward keeping your mind active, curious, and growing through lifelong learning. Every new skill, question, and discovery strengthens your confidence and helps build a habit of continuous learning with AI.

Remember:

"The more you learn, the more you discover what is possible. AI opens the door—but your curiosity takes you through it."