

Worksheet 47

My Voice AI Setup & Activity Checklist

Step 1: Test Your Setup

- Select your preferred tool for hands-free voice chat:
 - ☐ ChatGPT Voice Mode
 - ☐ Gemini Live
 - ☐ Mobile Device Default Assistant

Step 2: Try a Hands-Free Prompt

- Tap the microphone or voice icon and speak one of the following prompts aloud:
 - "Give me a 1-minute summary of the news highlights today."
 - "Help me brainstorm 3 ideas for dinner using chicken and broccoli."
 - "Walk me through 3 gentle stretching exercises I can do in a chair."

Step 3: Reflection & Action

- What task did you complete today using only your voice?

- What is 1 daily routine where voice mode could save you time or typing effort?
