

My First AI Income Project Worksheet

Tutorial 6 – Using AI to Create Your First Extra Income Project

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AI for Retirees

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Lesson Checklist

After completing this tutorial, I can:

- ☐ Explain how AI can help create digital products.
- ☐ Identify skills from my career or hobbies.
- ☐ Choose one simple project to start.
- ☐ Use ChatGPT to generate ideas.
- ☐ Create a first draft with AI.
- ☐ Build confidence to keep going.

My Experience Inventory

I've spent years learning valuable skills.

What experience could I share?

Career or previous work

Hobbies

Life experiences

Things people ask me about

What do I enjoy talking about?

My AI Business Ideas

Ask ChatGPT:

"I am a retired _____. Suggest 20 digital products I could create using my experience."

My favourite ideas

Idea	Rating
	★★★★★
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆

The One I'm Choosing

Project Name

Why I chose it

Planning My First Product

Tick the type of product I'd like to create.

- ☐ Ebook
- ☐ Printable Planner
- ☐ Checklist
- ☐ Worksheet
- ☐ Prompt Pack
- ☐ Resource Website
- ☐ Other

Who Will It Help?

My ideal reader/customer is:

The problem it solves:

My AI Prompt

Write the exact prompt you asked ChatGPT.

Building My First Draft

ChatGPT helped me with:

- ☐ Brainstorming
- ☐ Writing
- ☐ Editing

- ☐ Titles
- ☐ Checklists
- ☐ Formatting
- ☐ Ideas
- ☐ Research
- ☐ Other

My Progress

- ☐ Outline completed
- ☐ First draft written
- ☐ Edited
- ☐ Saved as PDF
- ☐ Ready to share

What surprised me most?

My 7-Day Action Plan

Day	Task	Done
Monday	Choose a topic	☐
Tuesday	Generate ideas	☐
Wednesday	Select one project	☐
Thursday	Create first draft	☐

Friday	Improve it	☐
Saturday	Save as PDF	☐
Sunday	Share or publish	☐

My Biggest Challenge

How can AI help me overcome it?

My Income Project Planner

What would I like to sell?

Where could I share it?

- ☐ My website
- ☐ Facebook
- ☐ Email list
- ☐ Family & friends
- ☐ Community group
- ☐ Other

My Success Goal

This month I would like to:

- ☐ Finish my first product

- ☐ Publish something online
- ☐ Learn more about AI
- ☐ Build confidence
- ☐ Help someone else
- ☐ Earn my first extra income

Notes & Ideas

My Confidence Rating

☆☆☆☆☆

☆ I need more ideas

☆☆ I'm getting started

☆☆☆ My first project is taking shape

☆☆☆☆ I'm ready to publish

☆☆☆☆☆ I'm building my AI income project

Matt's Tip

Don't wait until everything is perfect.

Every successful author, business owner, and entrepreneur started with one small project. AI can help you work faster, but your experience and knowledge are what make your work valuable. Focus on helping one person solve one problem, and let your confidence grow with each project you complete.

My AI Wins Today

Today ChatGPT helped me:

- ☐ Generate ideas
- ☐ Save time
- ☐ Write content
- ☐ Solve a problem
- ☐ Learn something new
- ☐ Create my first product
- ☐ Feel more confident

My Biggest Achievement Today

One Thing I'll Ask ChatGPT Tomorrow

One Small Step Closer

Remember: You don't need to build a business overnight. One checklist, one worksheet, one planner, or one ebook can become the beginning of something meaningful. Every small project builds your confidence, your skills, and your opportunities.