

# Prompting Pro Starter Kit

Build AI Confidence for a Changing World

ThinkNextAI

Your Name: \_\_\_\_\_

Start Date: \_\_\_\_\_

Version: 2025 Edition

# Welcome to Your AI Prompting Journey

Welcome! This workbook is your guide to mastering how to talk to AI clearly, confidently, and strategically.

What you'll gain:

- Confidence in crafting powerful prompts
- A toolkit for real-world AI applications
- Reflection + progress tracking

# Why AI Matters Now

What excites you most about AI? → \_\_\_\_\_

What concerns do you have about AI? → \_\_\_\_\_

Area	AI Impact Example
Healthcare	Diagnosing diseases faster
Education	Personalized learning tools
Business	Automating customer service
Creativity	Generating art, music, and writing

How do you see AI shaping your future? → \_\_\_\_\_

## How to Use This Workbook

- [ ] Read each section carefully
- [ ] Fill in all reflection prompts
- [ ] Practice prompts regularly
- [ ] Track weekly progress
- [ ] Celebrate your completion!

### Tips:

- Use stylus or keyboard
- 15–30 mins per session
- Be honest and curious

## Affirmations

☐ I am capable of learning new technologies

☐ I embrace change with confidence

☐ I ask great questions and get great answers

☐ I am becoming a Prompting Pro

☐ I use AI responsibly and creatively

Write your own: \_\_\_\_\_

## Prompt Formula

Element	Description	Example
Role	Who the AI becomes	Act as a travel planner...
Task	What you want	Suggest a 5■day itinerary...
Context	Background info	Family with kids...
Format	How results are shown	Bullet format...

Template: "Act as a \_\_\_\_\_ and \_\_\_\_\_ for \_\_\_\_\_ in \_\_\_\_\_ format."

## Example Prompt + Reflection

Prompt: "Act as a nutritionist and create a weekly meal plan for a vegetarian athlete in table format."

AI Response: \_\_\_\_\_

Reflection: What worked well? \_\_\_\_\_

# Prompt Practice Page 1

Role: \_\_\_\_\_

Task: \_\_\_\_\_

Context: \_\_\_\_\_

Format: \_\_\_\_\_

AI Response Summary: \_\_\_\_\_

What I Learned: \_\_\_\_\_



## Prompt Practice Page 2

Role: \_\_\_\_\_

Task: \_\_\_\_\_

Context: \_\_\_\_\_

Format: \_\_\_\_\_

AI Response Summary: \_\_\_\_\_

What I Learned: \_\_\_\_\_

## Prompt Practice Page 3

Role: \_\_\_\_\_

Task: \_\_\_\_\_

Context: \_\_\_\_\_

Format: \_\_\_\_\_

AI Response Summary: \_\_\_\_\_

What I Learned: \_\_\_\_\_

## Prompt Practice Page 4

Role: \_\_\_\_\_

Task: \_\_\_\_\_

Context: \_\_\_\_\_

Format: \_\_\_\_\_

AI Response Summary: \_\_\_\_\_

What I Learned: \_\_\_\_\_

## Prompt Practice Page 5

Role: \_\_\_\_\_

Task: \_\_\_\_\_

Context: \_\_\_\_\_

Format: \_\_\_\_\_

AI Response Summary: \_\_\_\_\_

What I Learned: \_\_\_\_\_

## Prompt Practice Page 6

Role: \_\_\_\_\_

Task: \_\_\_\_\_

Context: \_\_\_\_\_

Format: \_\_\_\_\_

AI Response Summary: \_\_\_\_\_

What I Learned: \_\_\_\_\_

90■Second Prompt Challenge

Date	Topic	Prompt Written?	Confidence (1–5)
_____	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■
_____	_____	<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■

# RealLife AI Applications

Area	AI Use Case	Prompt Idea
Work	Automating reports	Summarize this spreadsheet...
Home	Meal planning	Create keto grocery list...
Travel	Trip planning	Plan Tokyo weekend...
Learning	Study help	Quiz me on biology...

# Weekly Reflections + Confidence Tracker

## Week 1

What did I learn? \_\_\_\_\_

Best Prompt? \_\_\_\_\_

Next Week Focus? \_\_\_\_\_

Confidence: ■ ■ ■ ■ ■

## Week 2

What did I learn? \_\_\_\_\_

Best Prompt? \_\_\_\_\_

Next Week Focus? \_\_\_\_\_

Confidence: ■ ■ ■ ■ ■



# Completion Certificate

This certifies completion of the Prompting Pro Starter Kit.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_