

LESSON 6

Your 30-Day Plan

Everything you built today, packed into one page: your best prompts, one project, one daily habit, one way to earn. You leave with a plan, not a pile of notes.

Duration: 45 minutes

What you'll walk away with

- Collect your 10 best prompts from today.
- Pick one 30-day project and a 5-minute daily habit.
- Choose one income step and one thing to automate.

Run of the lesson

Part 1 · 6 min — Zoom out

Look at everything you made today. It's a lot.

Part 2 · 10 min — Your library

Sort your best prompts into categories and name them.

Part 3 · 10 min — Pick one thing

One project. One 5-minute daily habit. That's it.

Part 4 · 14 min — Do it

Fill in the 30-day plan.

Part 5 · 5 min — Say it out loud

Share your project and first step with the room.

Exercise: Write the plan (20 min)

1. List your 10 favorite prompts from today, grouped by category.
2. Pick one 30-day project and a 5-minute daily habit.
3. Choose one income step and one task to automate.

Copy-paste prompts

Prompt: Sort these prompts into categories and name each one: [paste].

Prompt: Design a simple 30-day plan to [goal], with weekly milestones and a 5-minute daily habit.

Reflection

- What one project would change the most in 30 days?
- What 5-minute habit keeps AI in your day?

Takeaway

One small daily habit plus one real project turns today into results by next month.