

## Design Your Personal AI Brain: Learner Workbook

*Conspire With Yourself: AI Systems for Personal Growth*

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### **Welcome!**

This workbook is your companion to the LearnAI course: **Design Your Personal AI Brain**. It includes templates, task sheets, best-practice checklists, and reflection prompts to help you turn course content into tangible results.

Use it as a space to think, plan, build, test, and evolve your AI systems.

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### **Module 1: Why Personal AI Systems Matter**

**Key Idea:** Your personal AI brain isn't just a tool. It's a co-creator, memory-keeper, and amplifier of your best work.

#### **Reflection Prompt:**

- Where in your life do you currently feel like you're starting from scratch too often?
- What kinds of support do you wish you had available on-demand?

#### **Quick Task:**

- Write down 2–3 ways a personal AI system could improve how you think, create, or work.
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### **Module 2: Finding Your High-Value Use Cases**

**Key Idea:** Start where it counts. The best AI systems solve real, recurring problems that frustrate you or slow you down.

#### **Use the 3-Lens Filter:**

Task / Area	Frequency	Frustration Level	Value to You
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**Mini Audit Template:**

List 5 recurring tasks you do every week. Circle the ones that bring the most friction.

**Decision Box:**

From the audit above, which ONE task will you focus on first to build your personal AI brain?

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## Module 3: Research & Resource Building

**Key Idea:** A smart AI system needs a smart knowledge base. Give it quality input — best practices and personal context — so it can generate quality output.

**Deep Research Prompt Template:**

"Create a report summarising global best practices and expert frameworks in [insert topic]. Include common mistakes, key takeaways, and example use cases."

**Resource Tracker:**

Resource Title	Type	Trusted?	Usefulness (1-5)	Notes
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**Your Project Brain Summary:**

- What is this system for?
- What do I want it to help me with?
- Why does this matter to me?
- Any unique tone, priorities, or approaches to include?

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## **Module 4: Infusing Voice & Instructions**

**Key Idea:** To make your AI sound like you, give it examples of your voice and only use tailored instructions when it helps — not by default.

### Voice Sample Tracker:

File / Excerpt Name	Style Notes	What It Shows	Use Case
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### Light Instruction Examples:

- "Act as an engaging educator who values clarity and learner motivation."
- "Write in my reflective, slightly poetic Substack tone."

### Optional: System Card Template

- **Name:**
- **Role & Purpose:**
- **Tone & Voice Notes:**
- **Included Resources:**
- **Avoid:**

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## **Module 5: Testing, Iterating & Saving**

**Key Idea:** AI gets better through collaboration. Use real tasks, test thoughtfully, refine based on feedback, and save what works.

### Test Task Log:

Date	Task Tested	Prompt Used	What Worked	What Didn't	Notes / Changes Made
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### **Prompt & Output Bank:**

Start building a library of winning prompts and AI-generated outputs.

### **Feedback Prompts to Try:**

- "How could this output better reflect my tone?"
  - "What's missing from this to make it more actionable or insightful?"
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## **Module 6: Maintain & Expand**

**Key Idea:** Your personal AI brain is a living system. Keep it aligned with your evolving goals and expand when you're ready.

### **Quarterly Review Checklist:**

- Is the knowledge base still relevant?
- Do the examples still reflect your current tone/needs?
- Has your voice shifted?
- Anything to archive or update?

### **Expansion Map Template:**

List areas of life or work where you could build a second or third system:

- 1.
- 2.
- 3.

### **System Map Example:**

<b>System Name</b>	<b>Purpose</b>	<b>Linked Resources</b>	<b>Last Updated</b>
Essay Brain	Weekly writing	Writing samples, tone notes	[date]
Career Helper	Opportunity analysis	CV, values, tests	[date]

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## **Bonus: Sharing & Scaling**

**Key Idea:** Sharing your AI system reinforces your learning and inspires others to design their own.

### **Share Template:**

- Name of your favourite AI system:
- What it does:
- What surprised you:
- Tip you'd give someone starting out:

Feel free to share it with the LearnAI community or with a colleague who could benefit from designing their own AI brain.

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## **Final Notes**

This is your playground. Your lab. Your creative engine.

Come back to this workbook anytime you want to refine your systems, reflect on how you think, or experiment with new tools.

You're not just using AI — you're designing systems that support your *intentional life*.

Well done!

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