

Getting Started

A practical guide to building AI skills — designed for generalists, by generalists.

AI is changing how we work, but most resources assume you're a developer or data scientist. This playbook is different. It's built for people who work across domains, wear multiple hats, and want to use AI thoughtfully and effectively — without needing a technical background.

Whether you're just getting started or looking to level up, there's something here for you.

Start Here

- **[Getting Started](/getting-started/)** — What AI fluency means and why it matters
- **[How to Use This Playbook](/how-to-use/)** — Three paths in, based on how you like to learn

Explore the Playbook

| Section | What You'll Find |

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| [Pillars](/pillars/) | The five core skill areas of AI fluency |

| [Exercises](/exercises/) | 15 hands-on challenges across three levels, from 15-minute basics to deep dives |

| [Archetypes](/archetypes/) | Discover your AI learning profile |

| [Pathways

- [Getting Started: What Is AI Fluency?](#)
- [How to Use This Playbook](#)

Getting Started: What Is AI Fluency?

You don't need to be a developer to be great with AI.

AI fluency isn't about writing code, mastering every tool, or knowing the right "magic prompts." It's about learning to think clearly alongside AI — knowing when to trust it, when to push back, and how to make it genuinely useful in your work. If you want to understand the full picture of what AI fluency means and why it matters for generalists, see [What We Mean by AI Fluency](#).

This playbook was built for **generalists** — people who wear many hats, work across domains, and don't fit neatly into a single job title. No technical background needed. If you can have a conversation with ChatGPT, Claude, or similar tools, you have everything you need to start.

What You'll Find Here

- **15 hands-on exercises** you can do in 15-40 minutes, no setup required
- [Five skill pillars](#) that break AI fluency into concrete, buildable areas
- [Learning style archetypes](#) and [pathways](#) that personalize your journey
- [Resources](#) including a glossary, tool recommendations, and further reading

Ready to Start?

Take the quiz. The [AI Skills Quiz](#) takes a few minutes and gives you a personalized profile — including your strengths, gaps, and a recommended pathway.

Or jump straight into an exercise. Browse the full [exercise list](#) or start with [The Fact-Check Habit](#) — it takes 15 minutes and you'll learn something immediately.

Or read the big picture first. Check out [How to Use This Playbook](#) for three navigation paths, or [The Five Pillars](#) to understand the full framework.

How to Use This Playbook

There's no single "right" way to use this playbook. It's designed to meet you where you are. Here are three entry paths — pick the one that resonates.

Path 1: "I want to try something right now"

Perfect. Head to the [Exercises](#) page, pick any basic exercise (15 minutes each), and start. No prep needed — just you and an AI tool of your choice.

Path 2: "I took the AI Skills Quiz"

If you've taken the quiz at aiskillsquiz.com, you already know your pillar scores and archetype. Here's your next step:

1. **Find your archetype** in the [Archetypes](#) section to understand your learning style
2. **Check the [Pathways](#)** for a guided route matched to your profile
3. **Start with your lowest-scoring pillar** — that's where you'll see the most growth

Path 3: "I want to understand the big picture"

Start with the framework:

1. Read [The Five Pillars](#) to understand what AI fluency is made of
2. Browse the [Exercises](#) to see the full range from Basic to Advanced
3. Then pick any exercise that interests you

How the Playbook Is Organized

Pillars (5 skill areas)

-> Exercises (Basic, Intermediate, Advanced)

Archetypes (your learning style)

-> Pathways (guided routes based on your strengths and gaps)

Resources (glossary, tools, further reading)

Each **exercise** includes:

- A clear goal and time estimate
- Step-by-step instructions
- Multiple entry points for different learning styles
- Reflection prompts to deepen your understanding

How Much Time Does This Take?

15 minutes a week is enough to start. Each Basic exercise is designed to fit into a coffee break. As you get comfortable, Intermediate exercises take about 25 minutes, and Advanced exercises around 40 minutes.

There's no deadline. This isn't a course you need to finish — it's a resource you return to as your skills and questions grow.

Learning Style Entry Points

Every exercise offers multiple ways in:

- **Jump in** — For [Tinkerers](#). Start doing, then understand why.
- **Plan first** — For [Planners](#). Read the overview, then execute step by step.
- **Why this matters** — For [Strategists](#). Understand the strategic value before starting.
- **Discuss** — For [Social Learners](#). Use the reflection prompts with a colleague or community.

You don't have to pick just one — but knowing your preference can help you get started faster.

Tips for Getting the Most Out of This

1. **Do the exercises with real work.** The more relevant the topic, the more you'll learn.

2. **Don't skip the reflection.** The "what did I learn" moment is where growth actually happens.
3. **Come back.** Revisiting an exercise after a few weeks often reveals new insights.
4. **Share what you learn.** Teaching is the best way to solidify understanding.

Ready? Pick a path above, or head back to the [home page](#) to explore.