

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.

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