

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.

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