

FREE DOWNLOAD

The AI Survival Kit

Everything you need to thrive in the AI era.
Tools, prompts, and a roadmap to get ahead.

50+

AI Tools

20

Power Prompts

4

Week Roadmap

50+ Essential AI Tools

Curated tools for every workflow - from writing to coding to research

Writing & Content



Claude

WRITING

Best for nuanced writing, long documents, and following complex instructions.

claude.ai



ChatGPT

ALL-PURPOSE

Most versatile AI assistant. Great for brainstorming, drafts, and creative work.

chat.openai.com



Jasper

MARKETING

AI copywriting tool built for marketers. Templates for ads, emails, and more.

jasper.ai



Copy.ai

COPYWRITING

Quick copy generation for social posts, product descriptions, and headlines.

copy.ai



Coding & Development



Cursor

IDE

AI-first code editor. Write, edit, and debug code with natural language.

cursor.com



GitHub Copilot

CODING

AI pair programmer. Autocompletes code and suggests entire functions.

github.com/copilot



Replit AI

DEVELOPMENT

Browser-based IDE with AI code generation. Great for prototyping.



v0 by Vercel

UI/UX

Generate React/Next.js components from text descriptions.

Research & Learning



Perplexity

RESEARCH

AI search engine that cites sources. Best for factual research.

perplexity.ai



Elicit

ACADEMIC

AI research assistant. Finds and summarizes academic papers.

elicit.org



Consensus

SCIENCE

Search engine for scientific research. Get evidence-based answers.

consensus.app



Gemini

GOOGLE AI

Google's AI with real-time info and deep Google integration.

gemini.google.com

Design & Visual



Midjourney

IMAGE GEN

Best AI image generator. Stunning visuals from text prompts.

midjourney.com



DALL-E 3

IMAGE GEN

OpenAI's image generator. Built into ChatGPT Plus.

openai.com



Canva AI

DESIGN

AI-powered design tools. Generate images, remove backgrounds, resize.

canva.com



Runway

VIDEO

AI video generation and editing. Text-to-video, image-to-video.

runway.ml

Productivity & Automation



Notion AI

PRODUCTIVITY



Otter.ai

TRANSCRIPTION

AI writing and summarization inside Notion.
Great for docs and wikis.

notion.so

AI meeting transcription and notes. Captures
action items automatically.

otter.ai



Superhuman

EMAIL

AI-powered email client. Write emails faster
with AI assistance.

superhuman.com



Zapier AI

AUTOMATION

Build automations with natural language.
Connect 5000+ apps.

zapier.com

20 Power Prompts

Battle-tested prompts you can copy, paste, and get results immediately

1 The Expert Persona

WRITING

You are a [ROLE] with 20 years of experience in [FIELD]. You're known for giving practical, actionable advice that beginners can immediately apply. Your communication style is clear, direct, and jargon-free.

Help me with: [YOUR REQUEST]

Why it works: Personas dramatically improve response quality by giving the AI context and constraints.

2 The Structured Output

RESEARCH

Analyze [TOPIC] and provide:

1. **Summary** (2-3 sentences)
2. **Key Points** (5 bullet points)
3. **Pros and Cons** (table format)
4. **Recommendation** (1 paragraph)
5. **Next Steps** (numbered list)

Be specific and include examples where relevant.

Why it works: Structured requests get structured responses. The AI follows your format exactly.

3 The Code Explainer

CODING

Explain this code like I'm a junior developer who understands basic programming concepts but is new to [LANGUAGE/Framework]:

```

[PASTE CODE HERE]

```

Include:

- What each section does
- Why it's written this way
- Common gotchas to watch for
- How I could modify it for [USE CASE]

4 The Devil's Advocate

STRATEGY

I'm considering [DECISION/IDEA].

Play devil's advocate and:

1. List the top 5 reasons this could fail
2. Identify blind spots I might have
3. Suggest what I should validate before committing
4. Provide a more conservative alternative approach

Be brutally honest. I want to stress-test this idea.

5 The Email Writer

COMMUNICATION

Write a [TONE: professional/friendly/persuasive] email to [RECIPIENT TYPE] about [TOPIC].

Context: [RELEVANT BACKGROUND]

Goal: [WHAT YOU WANT TO ACHIEVE]

Constraints: [ANY LIMITS - length, formality, etc.]

Keep it under [X] words. Include a clear call-to-action.

6 The Content Repurposer

MARKETING

Transform this [CONTENT TYPE] into:

1. A Twitter thread (5-7 tweets)
2. A LinkedIn post (professional tone)
3. An email newsletter intro (2 paragraphs)
4. 3 Instagram caption options (with emoji suggestions)

Original content:

[PASTE CONTENT]

Maintain the core message but adapt tone and format for each platform.

7 The Learning Accelerator

LEARNING

I want to learn [TOPIC/SKILL] in [TIMEFRAME].

My current level: [BEGINNER/INTERMEDIATE/ADVANCED]

Time available: [X hours per week]

Learning style: [VISUAL/READING/HANDS-ON]

Create a structured learning plan including:

- Week-by-week breakdown
- Specific resources (free when possible)

- Practical exercises
- Milestones to track progress

8 The Meeting Summarizer

PRODUCTIVITY

Summarize this meeting transcript:

[PASTE TRANSCRIPT]

Provide:

1. **Key Decisions Made** (bullet points)
2. **Action Items** (who, what, by when)
3. **Open Questions** (unresolved issues)
4. **Next Steps** (what happens next)

Format for easy sharing with team members who weren't present.

9 The Bug Fixer

CODING

Debug this code:

```

[PASTE CODE]

```

Error message: [PASTE ERROR]

Expected behavior: [WHAT SHOULD HAPPEN]

Actual behavior: [WHAT'S HAPPENING]

Explain:

1. What's causing the bug
2. How to fix it
3. How to prevent similar bugs in the future

10 The Competitor Analyzer

STRATEGY

Analyze [COMPETITOR] as if you're a strategic consultant.

Based on publicly available information, assess:

1. Their core value proposition
2. Target customer segments
3. Pricing strategy
4. Key strengths and weaknesses
5. Potential vulnerabilities we could exploit
6. What we could learn from them

Be specific and actionable.

4-Week Learning Roadmap

Go from AI-curious to AI-fluent in one month

Week 1

Foundation

- Create accounts on ChatGPT, Claude, and Perplexity (all have free tiers)
- Spend 30 minutes exploring each - ask the same question to compare responses
- Use AI to help with one real work task per day
- Learn the basics of prompting: be specific, give context, iterate

Week 2

Integration

- Identify 3 repetitive tasks you do weekly that AI could help with
- Create custom prompts for each task and save them
- Try an AI tool specific to your field (Cursor for coding, Jasper for marketing, etc.)
- Start using AI for email drafts and meeting prep

Week 3

Optimization

- Learn advanced prompting: chain-of-thought, few-shot examples, personas
- Set up one automation using Zapier or Make with AI
- Explore multimodal capabilities: image input, voice, file analysis

- Create a "prompt library" of your best-performing prompts

Week 4

Mastery

- Build a complete workflow that combines 3+ AI tools
- Teach a colleague what you've learned (best way to solidify knowledge)
- Evaluate paid tiers - decide which tools are worth the investment
- Set monthly goals for expanding your AI toolkit

10 Quick Wins

Automations you can set up today that save hours every week

1

Email Drafting

Use Claude or ChatGPT to draft emails. Paste context, describe what you need, get a polished draft in seconds.

🕒 Saves ~3 hours/week

2

Meeting Notes

Record meetings with Otter.ai or Fireflies. Get automatic transcription, summaries, and action items.

🕒 Saves ~2 hours/week

3

Research Summaries

Use Perplexity for research. Get summarized answers with sources instead of reading 10 articles.

🕒 Saves ~4 hours/week

4

Content Repurposing

Turn one blog post into tweets, LinkedIn posts, and email snippets with a single prompt.

🕒 Saves ~2 hours/week

5

Code Review


Paste code into Claude for instant review. Get bug detection, optimization suggestions, and explanations.

🕒 Saves ~3 hours/week

6

Document Summarization

Upload PDFs or paste long documents. Get key points in seconds instead of reading for an hour.

 Saves ~2 hours/week

7

Data Analysis

Upload spreadsheets to ChatGPT. Ask questions in plain English, get insights and visualizations.

 Saves ~3 hours/week

8

Brainstorming Partner

Use AI as a thinking partner. Describe a problem, ask for 10 solutions, iterate on the best ones.

 Saves ~1 hour/week

9

Scheduling Messages


Draft Slack/Teams messages ahead of time with AI. Schedule them for optimal delivery times.

 Saves ~1 hour/week

10

Learning New Skills

Ask AI to create a personalized learning plan for any skill. Get curated resources and practice exercises.

 Saves ~2 hours/week

FutureHumanism

futurehumanism.co | [@FutureHumanism](https://twitter.com/FutureHumanism)