



## Pre-Work Assignment: “How AI Can Support Your Second Act”



To make the most of the "AI & Your Second Act" workshop, take some time to reflect on your aspirations and how AI can assist you in bringing them to life.

### Step 1: Define Your Vision

- What excites you most about your second act?
- List 2-3 goals you'd like to achieve in this next chapter of your life.

### Step 2: Explore Your Passions

- What activities make you lose track of time because you enjoy them so much?
- What new areas would you love to explore—career, hobbies, personal growth, or entrepreneurship?
- What would it be if you had an entire day to do something fulfilling?
- What skills or talents have others complimented you on that bring you joy?

Take a few moments to jot down your thoughts—this will help you engage more fully in the session and leave with clear, actionable ideas!