


AI & THE FUTURE ✨ FOR WOMEN ENTREPRENEURS

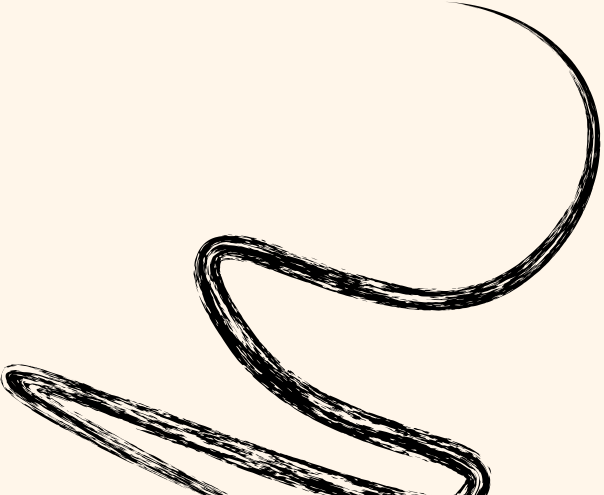
Unleash Your
Creativity

Chart Your Course
(Create Your Success)



Create
Success On
Your Terms

You Belong
Here



A Step-by-Step
Workbook for AI
Content creation



AI Made Simple for Women

Learn ChatGPT & Canva
Without Tech Overwhelm

created for: It's My Mommy's
Business Association

Welcome



Welcome to the Future (That You Belong In)

Welcome to your AI journey!

You don't have to be "techy" to benefit from powerful tools like ChatGPT and Canva. This book is your no-fluff, friendly guide to using AI in everyday life and business—without feeling overwhelmed.

Whether you're a creative, a small business owner, or just AI-curious, this is for you. Let's go!

What Is AI, Really?

AI = Artificial Intelligence.

It's not scary. It's not for coders only. And it's not going away.

AI is what powers the tools we already love—like Netflix, Spotify, and Siri.

AI can:

- ✓ Write content
- ✓ Give ideas
- ✓ Answer questions
- ✓ Save time

NOTES:

Getting Started with ChatGPT

ChatGPT is an AI tool that lets you chat with a robot that thinks like a copywriter, coach, or assistant.

To try it:

1. Go to chat.openai.com
2. Create a free account
3. Type your first question or request

Try This Prompt:

“Write a confident Instagram bio for a candle (or insert your own product) business that’s woman-owned.”

NOTES:

Your First Prompts

Prompt Formula Section:

Role + Task + Context + Output



Example: "Act as a business coach.

Write a short tagline for a women's retreat about self-love."

Quick Tips:

- Be specific
- Tell ChatGPT what role to take
- Give it a vibe or tone

NOTES:

Canva + AI Visual Magic

Canva lets you design beautiful graphics fast. Now with AI features like Magic Write and Text-to-Image, you can:

- ✓ Write content
- ✓ Generate custom art
- ✓ Brand your business with confidence

Mini Project:

Use ChatGPT to write a quote, then use Canva to create a social media post with that quote.

NOTES:

AI for Business

You can use AI to:

- Plan launches
- Write emails
- Create digital products
- Price your services
- Write sales pages

Try This Prompt:

“Create a 3-day welcome email sequence for a woman launching a handmade jewelry biz (or insert your own product).”

NOTES:

Personal Growth with AI

Use AI to:

- Create affirmations
- Plan your week
- Journal your thoughts
- Write self-care plans

Prompt Idea:

“Write 3 morning affirmations for a busy woman (mother, wife...) launching her business.”

NOTES:

Keep Growing

You've started. Now stay curious.
Explore tools like , Playground and Kittl.

Set a daily or weekly "AI time" to practice prompts and build skills.

Reminder:
You don't have to be an expert to start. You just have to start.

NOTES:

THANK YOU!

You Did It, AI Queen! 

You've just learned how to use AI to simplify your creativity, productivity, and biz flow. I hope this guide sparked confidence and curiosity.