

# The Future Is Coming: ARTIFICIAL INTELLIGENCE

## What is Agentic Artificial Intelligence?

Agentic AI goes beyond content—it makes decisions and takes action in daily life. It understands your goal, figures out the steps, and gets things done—like planning, organizing, or following up. Ask it to plan a weekend trip, and it can book a hotel, add details to your calendar, and send reminders. Need help with errands? It can build a checklist, schedule pickups, and set alerts. It's a digital helper that handles the busywork so you can focus on what matters.

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## What are Agentic Agents?

Agentic agents are AI helpers that don't just respond—they take action. Once you tell them what you want, they figure out the steps and carry them out for you, like a personal assistant that's always ready to help.



Whether it's organizing errands, booking appointments, or sending reminders, agentic agents think ahead, make smart choices, and get things done. The clearer your goal, the more helpful they become.

## AI Agents

Agent Type	Definition	Personal Use Example
<b>Travel Agent</b>	Plans trips by booking flights, hotels, and organizing itineraries.	"Find a weekend getaway, book a hotel, and add it to my calendar."
<b>Shopping Agent</b>	Finds products, compares prices, and places orders.	"Order groceries for pickup and alert me when they're ready."
<b>Reminder Agent</b>	Tracks tasks and sends timely nudges.	"Remind me to take my medication every morning."
<b>Home Organizer Agent</b>	Helps manage household tasks and routines.	"Create a weekly cleaning checklist and schedule laundry days."
<b>Event Planner Agent</b>	Coordinates social events and logistics.	"Plan my birthday dinner, book a table, and send invites."
<b>Wellness Agent</b>	Supports health goals by tracking habits and scheduling activities.	"Schedule workouts, track water intake, and send daily check-ins."

## Sample Wellness Output

- I've created a daily wellness plan that includes a 10-minute morning stretch, a reminder to drink water every two hours, and a prompt to log your meals in the evening.
- I've added these to your calendar and set reminders throughout the day.
- Want to include a short walk or meditation break? I can schedule those too and adjust based on your availability.