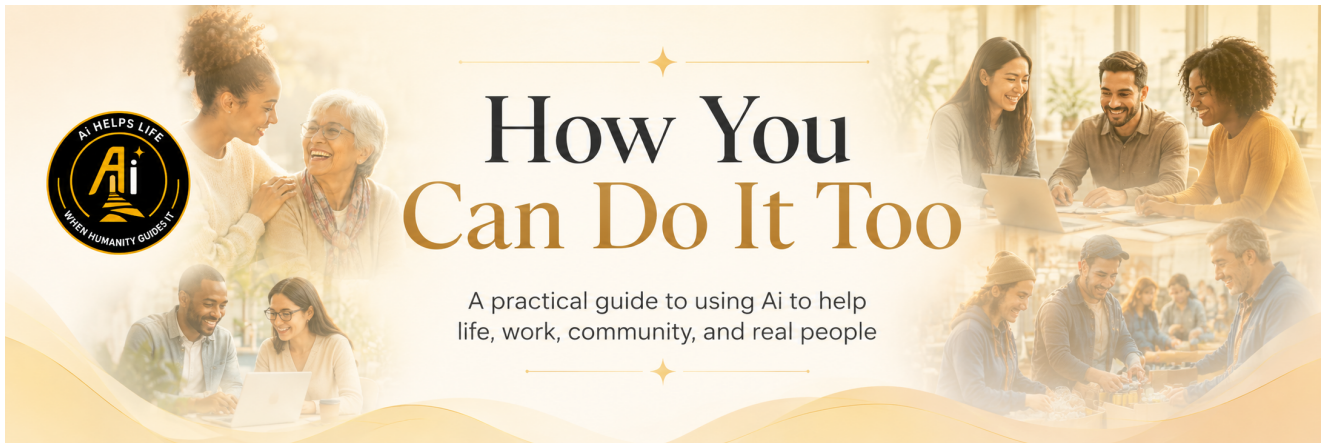




How You Can Do It Too

A practical guide to using Ai to help life, work, community, and real people.

A free guide from Ai Helps Life about turning real experience into practical, human-guided Ai help that others can copy, adapt, and build on.

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<https://aihelpslife.com/free-guide-how-you-can-replicate-what-we-do/>



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How You Can Do It Too

A practical guide to using Ai to help life, work, community, and real people.



At Ai Helps Life, we are busy expanding a simple idea: Artificial intelligence becomes more useful when human experience guides it.

That is what we call Accumulated Intelligence® - Ai.

This guide is for anyone who looks at what we are building and thinks:

“Could I do something like this too?”

The answer is yes.

- There is no Copyright on what we do. It is given freely.
- You do not need to be a technical expert.
- You do not need a large organisation behind you.
- You do not need to understand every part of artificial intelligence.
- You do not need to start with perfect confidence.
- You simply need a real purpose, a willingness to learn, and the patience to guide Ai step by step.

This guide is free to read, download, share, and use as a starting point.



Start with a real human need

The best Ai projects do not begin with technology.

They begin with people.

Ask yourself:

- Who do I want to help?
- What problem do they face?
- What feels confusing, time-consuming, lonely, expensive, or difficult for them?
- What information or support would make life a little easier?
- What do I already know from my own experience?

Your own life experience matters.

You may have worked in a certain field. You may have cared for someone. You may have built a small business. You may have overcome a difficulty. You may have learned something the hard way. You may simply notice a problem that others overlook.

That experience is part of your accumulated intelligence.

Ai can help you shape it into something useful for others.

Choose a clear area of focus

Do not try to help everyone with everything at the beginning.

Start with one area.

For example:

- Helping older people understand technology
- Helping small businesses write clearer website pages
- Helping carers organise information
- Helping community groups create useful guides
- Helping people compare options before making decisions
- Helping local food producers explain what they do
- Helping people with forms, letters, planning, or research
- Helping creators turn rough ideas into useful content
- Helping charities explain their work more clearly
- Helping people feel less overwhelmed by digital tools

A focused idea is easier to explain, easier to build, and easier for people to trust. You can always expand later.

Give your project a simple promise

A good Ai project should have a plain-language promise.

Not a slogan full of buzzwords. A real promise.

For example:

- “We help small charities explain their work more clearly.”
- “We help carers organise information and reduce overwhelm.”
- “We help local businesses create simple, trustworthy online pages.”
- “We help people use Ai without feeling intimidated.”
- “We help community projects turn experience into practical guidance.”

At Ai Helps Life, our promise is simple:

Ai should help real people in real situations.

Your own project should be just as clear.

Use Ai as an assistant, not as the boss

Ai can be very helpful, but it should not take over your judgement.

Use it to:

- Draft ideas
- Organise thoughts
- Summarise information
- Rewrite text more clearly
- Suggest page structures

- Create checklists
- Compare options
- Explain difficult subjects
- Turn rough notes into useful guides
- Help you see gaps in your thinking

But always review what it gives you.

Ask:

- Is this true?
- Is this fair?
- Is this kind?
- Is this clear?
- Is this useful?
- Is this appropriate for the people I want to help?
- Does anything need checking?
- Could this be misunderstood?

AI works best when people stay in charge.



Learn to ask better questions

The quality of Ai's answer often depends on the quality of your question.

Instead of asking:

"Write me a website."

Try asking:

"Help me plan a simple website for a small project that helps carers organise information. The tone should be warm, practical, non-technical, and reassuring. Please suggest the main pages and what each page should say."

Instead of asking:

"Make this better."

Try asking:

"Rewrite this so it is clearer, warmer, shorter, and easier for a non-technical reader to understand. Keep the meaning, but remove any jargon."

Instead of asking:

"Give me ideas."

Try asking:

“Give me ten practical ideas for free resources I could offer to people who are new to Ai and nervous about using it.”

The more context you give, the more useful Ai becomes.

Build a simple website or page

You do not need a complicated website to begin.

A simple page can be enough.

Start with:

1. A clear headline
2. A short explanation of who the page is for
3. The problem you are trying to solve
4. How Ai can help
5. Why human judgement still matters
6. A simple guide, checklist, or example
7. A way for people to contact you or learn more
8. A free download if you have one

You can build slowly.

One useful page is better than twenty confusing pages.

Share your own experience

People trust people.

Do not hide the human story behind your project.

Explain:

- Why you care
- What you have noticed
- What you have learned
- What problem you are trying to solve
- What kind of people you want to help
- What you are still learning yourself

You do not need to pretend to be perfect.

In fact, honesty is part of the value.

A good Ai project should feel human, not corporate and distant.



Use Ai to create examples

Examples help people understand quickly.

You could show:

- A rough note before Ai helps
- A clearer version after Ai helps
- A confusing paragraph made simpler
- A project idea turned into a plan
- A list of tasks organised into steps
- A difficult topic explained in plain English
- A small business description improved
- A community notice rewritten more warmly

Examples make the idea real.

They show people that Ai is not just theory.

It can help with everyday life.

Keep your tone warm and practical

Many people feel nervous about AI.

Some feel it is too technical. Some feel it is moving too fast. Some worry it will replace people. Some do not know where to begin. Some have tried it once and received a poor answer.

Your job is not to overwhelm them. It is to reassure them.

Use simple language. Avoid unnecessary jargon.

Explain things step by step. Make people feel that they are allowed to start small.

Be honest about the limits

Ai can be helpful, but it is not always right.

It can misunderstand. It can sound confident while being wrong. It can miss important context. It can produce something that needs checking. It can sometimes make things too polished or impersonal.

That is why human judgement matters.

A good rule is:

Use Ai to help you think, but do not stop thinking.

Check important facts.

Be especially careful with health, legal, financial, or safety-related information. Do not publish something just because Ai produced it.

Guide it, question it, and improve it.

Invite people to try one small task

The easiest way to begin is with one useful task.

For example:

- Write a clearer email
- Plan a simple page
- Summarise a long note
- Organise a list of ideas
- Prepare questions for a meeting
- Turn a rough thought into a short article
- Create a checklist
- Explain a difficult subject in plain English
- Draft a polite reply
- Compare two options

Small wins build confidence. Once people see that Ai can help with one real task, they are more likely to try another.



A simple starter prompt

Here is a prompt anyone can try:

"I am new to Ai. I want help with [describe your task]. Please ask me any important questions first, then help me work through it step by step in plain English."

Another useful prompt is:

"Please rewrite this so it is clearer, warmer, shorter, and easier to understand, while keeping the original meaning."

And another:

"Please turn these rough notes into a simple plan with clear next steps."

The best prompts are usually clear, honest, and specific.

Give something useful first

If you are creating a project that helps people, trust matters.

Give something useful before asking people to believe in the idea.

A free guide. Like this one. A clear explanation. A helpful example. A simple checklist. A friendly contact form. A practical demonstration.

Do not make people feel pressured.

Let them see the value.

Let them understand your purpose.

Let them feel safe.

Trust grows when people feel that the project is genuinely there to help.



Make it easy for others to copy your good ideas

If your project helps people, consider making parts of it easy for others to copy, adapt, and improve.

You might share:

- Example prompts
- Page templates
- Simple guides
- Checklists
- Planning sheets
- “Before and after” examples
- Lessons learned
- Mistakes to avoid
- Questions to ask before starting

This does not mean everyone has to do exactly what you do.

It means your experience can become useful to someone else.

That is accumulated intelligence in action.

Suggested project checklist

Before launching your own Ai-helping-life project, ask yourself:

- Who am I trying to help?
- What problem am I trying to solve?
- What experience do I bring?
- What can Ai help me create or organise?
- What must still be checked by a human?
- What simple resource can I give away first?
- What page or guide could I publish this week?
- What would make the project feel trustworthy?
- What would make it easier for beginners?
- What is the first small step?

You do not need to have everything ready. You just need to begin carefully.



The main idea

Ai is not just about machines producing answers.

It is about people asking better questions.

It is about turning experience into guidance.

It is about using technology without losing humanity.

It is about helping people feel more capable, not less important.

That is why we believe in Accumulated Intelligence®.

Artificial intelligence may provide the tool.

But people provide the purpose.

And when humanity guides Ai, it really can help life.

Visit the live source page

Scan the QR code or click the link below to visit the original web page and check for updates.

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Where Humanity guides Ai