Everyday AI

A handbook to help you
show friends, family, and others
how today's AI can improve everyday life

By Wolfram Ravenwolf



AI-generated illustration.

AI is not the point.
People are.

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Why I wrote this handbook



At a recent AI event, I spent some time talking with protesters. At the end, one of them said, “Oh, I have to think about this.” To me, that was a worthwhile conversation.

My work in AI grew out of testing models and publishing my findings online. It led to consulting, speaking, and co-hosting the weekly AI news podcast ThursdAI. Today, I work as an AI Evangelist at CoreWeave*.

I talk with people who are enthusiastic about AI and people who are skeptical or even opposed to it. I want to understand their concerns and show them how they can benefit from AI. Promoting a product or winning an argument would miss the point.

What excites me is how much more people can do with AI, especially when they can’t readily afford to hire a tutor, researcher, or assistant. They can learn at their own pace, make sense of a difficult document, or prepare to stand up for themselves. AI is empowering people.

AI agents can go even further. They carry out tasks and create assets you can actually use, such as a website or app for personal use or your business. Many people still know AI only as a chatbot and have never experienced this more capable kind of assistance. I want more people to discover what it can do for them and how it can enrich their lives.

After I shared my approach in a team meeting, it was suggested that I put it in writing. We later decided to share it beyond the team, so other AI enthusiasts could benefit from it too.

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* This handbook reflects my personal experience and views, not those of my employer.

THE ROLE

Your role: make AI real



Start with the person, not the product.

You already see value in AI. This handbook helps you talk with people who are curious, skeptical, or opposed to it. Start with something that matters to them, and show how AI could help.

In a brief encounter, mention one result. If they are curious, answer. If not, let it pass. Nobody owes you their attention because they happen to be on a plane, in a restaurant, or drinking coffee next to you.

In an actual conversation, ask what they tried and what they wish were easier. Then try one AI task together.

In all AI discussions:

- Talk about a benefit that matters to them.
- Showcase the result, not your vocabulary.
- Be honest when something didn't work.
- Let curiosity set the length of the encounter.

Success may be: They saw how AI can help a normal person with a normal problem.

EVERYDAY USE

Six examples for your next conversation



Choose an example that matters to the person you're talking with.

AI becomes relevant when people see it help with situations they already face.

- **A student is stuck.** Ask for a different explanation, then practice one problem at a time without embarrassment.
- **A friend receives a confusing letter from the tax office.** AI can explain what is being requested and which deadlines matter. An agent can help gather the supporting documents, prepare a reply, and set a reminder. Your friend checks the details before anything is sent.
- **An employee faces a difficult conversation.** Test likely responses and prepare an opening that sounds like them.
- **A parent is repairing something.** Show AI the device and the problem. Ask for likely causes, simple checks, and a parts list.
- **A retiree has a medical visit.** Work through the report and turn scattered notes into questions and a timeline.
- **A family needs dinner.** Give AI the list of allergies, budget, ingredients, and time. It can suggest dishes, find recipes, and guide the cooking. Or compare local options and order.

The result may be advice, a finished draft, or a job partly done. Start with real life, not a feature list.

A SECOND OPINION

Second opinions shouldn’t be a luxury


AI-generated illustration.

Second opinions in medicine, law, or finance can cost money, take time, or require access to expertise or resources many people lack. Show someone facing a difficult report, letter, or decision how AI can explain it, question assumptions, spot gaps, compare interpretations, and empower them to speak up. Remove names and ID numbers before sharing a document.

- **Medical:** “What else could explain this? What supports or weakens each possibility? What should I ask next?”
- **Legal:** “What is this letter claiming? What matters? What can I challenge? Help me draft a firm reply.”
- **Financial:** “Explain the fees, risks, incentives, and alternatives. What should I ask before agreeing?”
- **Bureaucracy:** “What does this decision mean? What looks contestable, and how can I respond?”

AI can be wrong. So can the first expert. Trust neither blindly. Compare their reasoning and bring better questions.

AI puts some expert preparation within reach. It will not make you infallible, but it can make you harder to ignore.

PERSONAL AGENCY

Find the benefit that matters to them



Good help supports your thinking. It does not replace it.

Wealthy people can hire expensive tutors, assistants, researchers, editors, and specialists. The best AI systems are not cheap either. But for many everyday tasks, AI can provide useful support at a price far more people can afford, and explain things again and again without getting impatient.

- **Understand** — Turn jargon into plain language and find questions you did not know to ask.
- **Learn** — Get examples at your level and practice without embarrassment or impatience.
- **Speak up** — Prepare a complaint, appeal, difficult conversation, or reply in your own voice.
- **Make things** — Create a budget, lesson, website, program, picture, itinerary, or first draft.
- **Get things done** — Let an agent search, sort, draft, and handle routine steps while you make the decisions.

Saving time is good. Having more say over your life is even better.

FROM ANSWERS TO ACTION

AI can do more than talk

If someone still thinks AI only answers questions, show an agent completing a task across files, websites, or apps.

Answer — Explain, compare, or suggest a way forward.

Read — Work through letters, reports, images, or files.

Find — Search current info and collect what matters.

Make — Draft, calculate, code, edit, or organize.

Act — Use tools to book, order, send, schedule, or update.

Carry through — Take several steps and get a result.

A restricted free chatbot and an agent powered by a top model with the right tools do not deliver the same experience. To see what an AI agent can do, try one such as ChatGPT Work/Codex, Claude, Grok Bot, or Hermes Agent.

Names change. Judge what the system can actually do. An agent can carry a mistake further than a chatbot, so start with a job you can judge. Let AI do the legwork. You keep the final say.

HONEST OBJECTIONS

Four fair concerns — and straight answers

Expect these four concerns. Answer them without getting defensive.

“AI makes mistakes.”

Valid: Yes. It can sound certain and still be wrong.
Response: So do we. AI can also catch mistakes we miss.
Do: Treat it like important human work: check it, test it, keep backups, and make sure consequential actions can be stopped or undone.
Watch out for: Some errors will still slip through.

“An agent could make a mess.”

Valid: It can send, change, buy, or delete the wrong thing.
Response: You choose its tools and how far it may go.
Do: Start small and look before anything important goes out.
Watch out for: Long tasks can still surprise you.

“It sees private information.”

Valid: Data handling differs by product, plan, and setting.
Response: Many useful jobs need no identifying information.
Do: Share only what is needed and check the privacy controls.
Watch out for: Products and policies change.

“Scammers use it too.”

Valid: AI makes convincing messages, images, and cloned voices easier.
Response: Urgency and secrecy are warning signs, however polished the message.
Do: Verify unusual requests through a separate, known channel.
Watch out for: Labels and detectors can miss scams.

Bigger concerns — and insights to consider

Some people feel anxious about how AI may change their lives. Public discussion can add to that uncertainty, mixing reliable information with speculation and misinformation.

"AI is dangerous."

Like every powerful technology, AI can do great good and do real harm. We control fire and harness electricity. AI needs careful use and safeguards, though its risks differ. A broad AI pause would only work if every important player followed it. If responsible builders stopped while reckless ones continued, the reckless would gain ground. Delaying AI across the board would also slow progress we could make with AI in medicine, energy, food, education, and other urgent areas. AI literacy is self-defense. An AI-literate public is harder to deceive, exploit, or control. Take real concerns seriously.

"It is all hype."

Some of the AI discourse is hype. Much of it is real. We are still in early days, and AI is moving fast. Many people have never tried today's best systems. Skip the hype: test work that matters and judge the result.

"It repeats bias."

Bias enters through data, design, institutions, and use. Compare viewpoints, ask which perspectives are missing, and never let one system quietly decide a person's opportunities.

Resources, jobs, and dependence

“It uses too many resources.”

AI needs electricity, water, and infrastructure, and that demand is rising. It can also help grids, buildings, transportation systems, and industry save energy, cut emissions, and detect leaks. AI can speed up clean-energy research and help grids use more wind and solar power. The International Energy Agency estimates that, with widespread adoption, AI-enabled CO_2 savings in 2035 could be several times the emissions from powering all data centers.

“It will take jobs.”

Some jobs will disappear, many will change, and new work will emerge. Do not brush off these concerns with “just adapt.” Help people learn the tools, widen their options, and shape decisions about their work. Ask what they enjoy about their work and what frustrates them. Then explore how AI could help them do more of what they enjoy and get better at it, while simplifying or taking over the tasks they dislike.

“We will become dependent.”

We already depend on electricity, computers, maps, search, and other people. Being dependent on a tool or resource is not automatically bad. AI can take some of the burden off our shoulders and make everyday life easier. It can also explain difficult ideas and teach us new skills. Use AI to become more capable: ask it to explain, practice without it sometimes, improve key skills, and learn new ones with its help.

BRIEF ENCOUNTERS

Tailor your discussion to match the time you have



AI helped with the appointment and ride. The passenger still checked the details.

A conversation about AI fits the time someone gives you: twenty seconds, two minutes, or fifteen.

Twenty seconds

At a meeting: “My AI handled the appointment details and found the route, so I got here relaxed and ready.” Then stop. If they ask a question, continue. If not, change the subject.

Two minutes

In a waiting room: “AI explained the report and helped with my questions. I feel less lost.” Add what changed for you, not a feature fest.

Fifteen minutes

When there’s more time: If they ask for a demo, show an agent doing a real job across apps. Use a task you have already tested: find an order email, check the current return policy, prepare the return, and set up a pickup. Let them watch AI move from email to website. Check the details together and decide whether to confirm. Then ask, “What would you like help with?”

FIELD LANGUAGE

Use human language

During a ride

“My AI agent got the appointment, checked the route, and booked this ride. It saved me from having to do a lot of annoying chores.”

At the door

“AI found meals that fit our allergies and budget. Tonight we chose delivery, and my agent ordered. Thanks for getting it here!”

In a waiting room

“AI explained the report, so I know what to ask the doctor.”

When someone says AI makes mistakes

“It does. So do I. We catch some of each other’s mistakes.”

When someone says AI is dangerous

“Yes, it can be dangerous, like any powerful technology. We learned to control fire and harness electricity. That’s why all of us should understand AI, use it for good, and know how to defend ourselves when others misuse it.”

When someone is curious

“What annoying thing do you keep putting off? We could just get it done with AI.”

When it’s time to stop

“Anyway, that’s my AI success story. How has your day been?”

Say what happened. Skip grand claims. Talk like a person, not an ad.

THE METHOD

LISTEN before you demonstrate

Use this approach (and memorable acronym) when someone gives you more than a passing moment of their time.

L **Listen first**
Hear their experience before you answer.

I **Identify the concern**
Find the need beneath the words.

S **Select one relevant problem**
Choose something useful to them.

T **Try it together**
Let them steer the attempt.

E **Examine the result**
Check what helped and what did not.

N **Next step is theirs**
Offer options. They decide what follows.

LISTEN turns a pitch into a shared experience. Conveniently, it also requires ears, a feature available on most humans without a subscription.

LISTEN IN PRACTICE

L, I, S: Find the right beginning

Listen first

Try: “What AI have you seen or tried?” Listen for the story beneath the verdict. “AI is useless” may mean one confident wrong answer. “AI is dangerous” may follow a scam, a job fear, or a real loss of trust. Understand the history before debating the headline.

Identify the concern

Reflect it back: “It sounds like the main issue is privacy. Did I get that right?” They may be against being misled, replaced, watched, or made to feel stupid, not against AI itself. Fair enough.

Select one relevant problem

Choose a task that’s relevant, small enough to try now, and easy to judge. Clarify a letter’s contents. Prepare medical appointment questions. Compare repair estimates. Draft a firm message. Let an agent gather information or organize the next steps.

If you only have a moment, do not invent a task for them. Share one thing AI did for you and leave space for a question.

T, E, N: Make the experience theirs

Try it together

Ask what they want in their own words. Add the context the task needs. Try: “Help me understand this. Ask if something important is missing. Use plain language.”

If an agent can carry the task further, let them choose how far: research options, work through a document, prepare a reply, edit a file, or make a plan. Let AI do the legwork.

Examine the result

Ask together:

- Is it useful?
- What seems wrong or missing?
- What would make this better?
- Which important facts should we check?

Show how you correct a rough first attempt. That teaches more than pretending it’s perfect.

Next step is theirs

They might save it, try again, let an agent do the next piece, or stop. The best result isn’t “This is clever.” It’s “I can use this.”

A FAIR TEST

Give today's AI a fair first try

An outdated or restricted chatbot and one rushed attempt can make today's AI look worse than it is. If someone is curious, use a current, capable system on one real job. And let an agent carry it through when that helps.

Pick something they can judge

Use something from their own life with a visible finish line: compare current options against real constraints, turn several documents into a clear case with next steps, or build a small working tool they will use. They'll know whether the result helps.

Give it enough to work with

> **"Here is what I want done: [result]. Here are the details and files: [context/files]. Ask what is missing, then work through the task and show me the result. Use plain language."**

If the first result is rough, say what is wrong and let it continue. The goal is a useful result you can inspect and steer, not one magic prompt.

Let an agent earn more trust

Start with one small job. Look at the result before giving it the next step.

One genuine win today is worth more than a hundred claims about the future.

YOUR NEXT CONVERSATION

Make the next moment matter



No matter how much time you have, describe clearly how AI helped you understand, prepare, make, book, fix, learn, argue your case, or arrive calmer. That may be enough.

If they want to try it, listen first. Start with their life. Show what helped and what did not. A chatbot can help them think; an agent can help them act.

AI is for regular people, not just experts or companies. One useful answer, one good question, or one finished task can change what seems possible.

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Wolfram Ravenwolf is an AI evangelist focused on practical, human uses of advanced AI. He works at CoreWeave, the Essential Cloud for AI®. This handbook expresses his personal views, not those of his employer.

Feedback and stories from your own conversations are welcome on X (x.com/WolframRvnwlf) or LinkedIn (linkedin.com/in/wolframravenwolf).