AI Wins Journal

A printable page to notice what's working with AI

Why keep an AI Wins Journal?

It is easy to remember the moments when AI was confusing or unhelpful.

This page helps you notice the times when it did help you, so you can see your progress over time.

Use this journal when you:

- Try something new with AI

- Have a result you are happy with

- Learn a lesson you want to remember

You can keep these pages in a folder or notebook and look back at them when you start to doubt yourself.

How to use this worksheet

1. **Print a few copies.**

   Keep them near your computer, tablet, or favorite chair.

2. **Each time AI helps you, fill out one entry.**

   It does not have to be a big event. Small wins count.

3. **Write in short notes.**

   You do not need full sentences. Just enough so future-you knows what happened.

4. **Look back once a week.**

   At the end of each week, read through your recent entries and notice patterns:

   - What kinds of tasks helped you the most?

   - What types of prompts worked better?

   - Where did you feel more confident?

5. **Bring this to your next session.**

   If you talk with a friend, family member, or helper about AI, you can use this page to show real examples of what is working for you.

On the next page you will find a simple layout you can print and reuse for many "wins."

AI Wins Journal – Entry 1

Date: _____

Tool used (for example: ChatGPT, Claude, Gemini): _____

1. What did I ask AI to help with?

(Short description of the task.)

_____

_____

_____

2. What did AI do that helped me?

(What was useful, surprising, or time-saving?)

_____

_____

_____

3. How did I use the result?

(For example: I sent the message, printed it, saved it, or used it as a draft.)

_____

_____

_____

4. What did I learn from this?

(About how to ask, what works for me, or what to try next time.)

_____

_____

_____

5. Confidence check

On a scale from 1 to 5, how confident did I feel using AI for this task?

☐ 1 – Not confident at all

☐ 2 – A little unsure

☐ 3 – Starting to get the hang of it

☐ 4 – Mostly comfortable

☐ 5 – Very comfortable

Notes:

_____

_____

_____

AI Wins Journal – Entry 2

Date: _____

Tool used: _____

1. What did I ask AI to help with?

_____

_____

_____

2. What did AI do that helped me?

_____

_____

_____

3. How did I use the result?

_____

_____

_____

4. What did I learn from this?

_____

_____

_____

5. Confidence check

☐ 1 – Not confident at all

☐ 2 – A little unsure

☐ 3 – Starting to get the hang of it

☐ 4 – Mostly comfortable

☐ 5 – Very comfortable

Notes:

_____

_____

_____

_____

If you want more room, you can also make **one entry per page** and just duplicate it across multiple pages.