

■ Quick Start Guide: ChatGPT

■ **What is ChatGPT?**

ChatGPT is like a super-smart assistant you can talk to in everyday language. It can explain, write, plan, teach, or brainstorm with you.

■■ How to Use It in 3 Steps

1 ■■ Open ChatGPT	Web or app
2 ■■ Type a prompt	Example: "Give me 5 quick dinner ideas with chicken and rice."
3 ■■ Read & refine	Say "Make it shorter" or "Use bullet points".

■ Pro Tips to Get Better Results

- Be specific → "Plan a 3-day road trip in Texas with kid-friendly stops."
- Give a role → "Act as a math tutor for an 11-year-old."
- Ask for formats → "Write this as a list, email, or social media post."
- Keep the conversation going — ChatGPT remembers the thread.

■ Things You Can Ask ChatGPT For

- Daily Life: meal planning, shopping lists, schedules
- Work: emails, reports, brainstorming ideas
- Learning: explain history, solve math, practice languages
- Fun: jokes, stories, trip planning, creative prompts

■ Bottom Line

ChatGPT isn't magic — but it feels like it. Use it whenever you'd normally search Google, ask a friend, or stare at a blank page. The more you use it, the better you'll get at asking!

■ Try this now:

"Give me three dinner ideas with what's in my fridge: eggs, spinach, and tortillas."