

Your Next Chapter with AI

QUICK PRE-WORK • COMPLETE BEFORE 8 PM ET

I want us to spend our time building — not setting up accounts. This should take about 5 minutes.

1

Get ChatGPT ready

Go to chatgpt.com → Log in. New to ChatGPT? Choose Sign up for free.

- Go to Settings → Security and login → enable multi-factor authentication (MFA) if you have not already.
- Go to Settings → Data Controls → review “Improve the model for everyone.” If you prefer new chats not be used to improve models, turn it off.
- For the workshop, use sample or sanitized information — not passwords, private client data, or confidential material.

2

Create your FREE build account

We'll use this account to build and test your first simple AI-powered app or assistant — no coding required.

- Choose the FREE plan — no purchase or upgrade is needed for the workshop.
- Your 30 free credits give you starting usage to create, test, and explore your first build.
- Log in once before the session so you're ready to build with us.

build.modessavirtualsolutions.com

Referral disclosure: You receive 30 credits when you sign up, and I receive 30 credits if you publish your first app. No additional cost to you.

3

Bring ONE real task

Pick something that repeats, takes too long, or keeps getting pushed to tomorrow.

- Examples: follow-up, content, research, scheduling, customer questions, planning, admin, or organizing information.
- Ask yourself: “What would I gladly stop doing manually — or do better with help?”

MY TASK: _____

YOUR GOAL: ARRIVE WITH ONE TASK. LEAVE WITH YOUR FIRST WORKING BUILD.