

01. From ChatGPT User To AI Worker

Starter | 35 minutes

Most people use AI as a clever answer box. In this mission, the learner experiences the difference between asking for help and delegating a small piece of work with a result, quality bar, and next action.

Do This Now

- Open ChatGPT in one tab and this course in another.
- Copy the starter prompt below into ChatGPT.
- Answer the questions it asks using a real or imagined real-estate task.
- Save the best answer into your notes box on this page.

Where To Paste This

Paste this into ChatGPT, not Codex. This first exercise is about thinking clearly before you open a workspace.

Prompt

I use AI mostly for questions and quick drafts. I want to start using it as a worker.

Ask me 6 practical questions to identify one repetitive real-estate task that could become an AI workflow. Focus on listings, buyer follow-up, seller updates, neighborhood descriptions, social posts, lead triage, or market summaries.

After I answer, produce:

1. the task name,
2. the inputs it needs,
3. the output it should create,
4. what a good result looks like,
5. what should still require human approval,
6. whether this should stay a chat prompt, become a Codex workspace task, or become a skill.

What You Should See

ChatGPT should interview you, then turn your answers into a short workflow candidate. The output should name a specific repeated task, not a vague goal like 'do marketing better'.

If It Goes Wrong

- If it gives a generic answer, say: 'Ask me the questions one at a time and wait for my answers.'
- If it tries to automate too much, say: 'Make the first workflow smaller and safer.'
- If it ignores real estate, say: 'Use property listings and client follow-up examples only.'

Practical Output

A named workflow candidate and a first understanding of what should become agentic work.

Codex task card	Details
Files to inspect	None yet.
Expected files	None yet.

Codex task card	Details
Verify	You have one concrete workflow candidate with inputs, outputs, and approval boundaries.
Follow-up	Make this workflow smaller. I want something I can test in under 30 minutes with one listing.