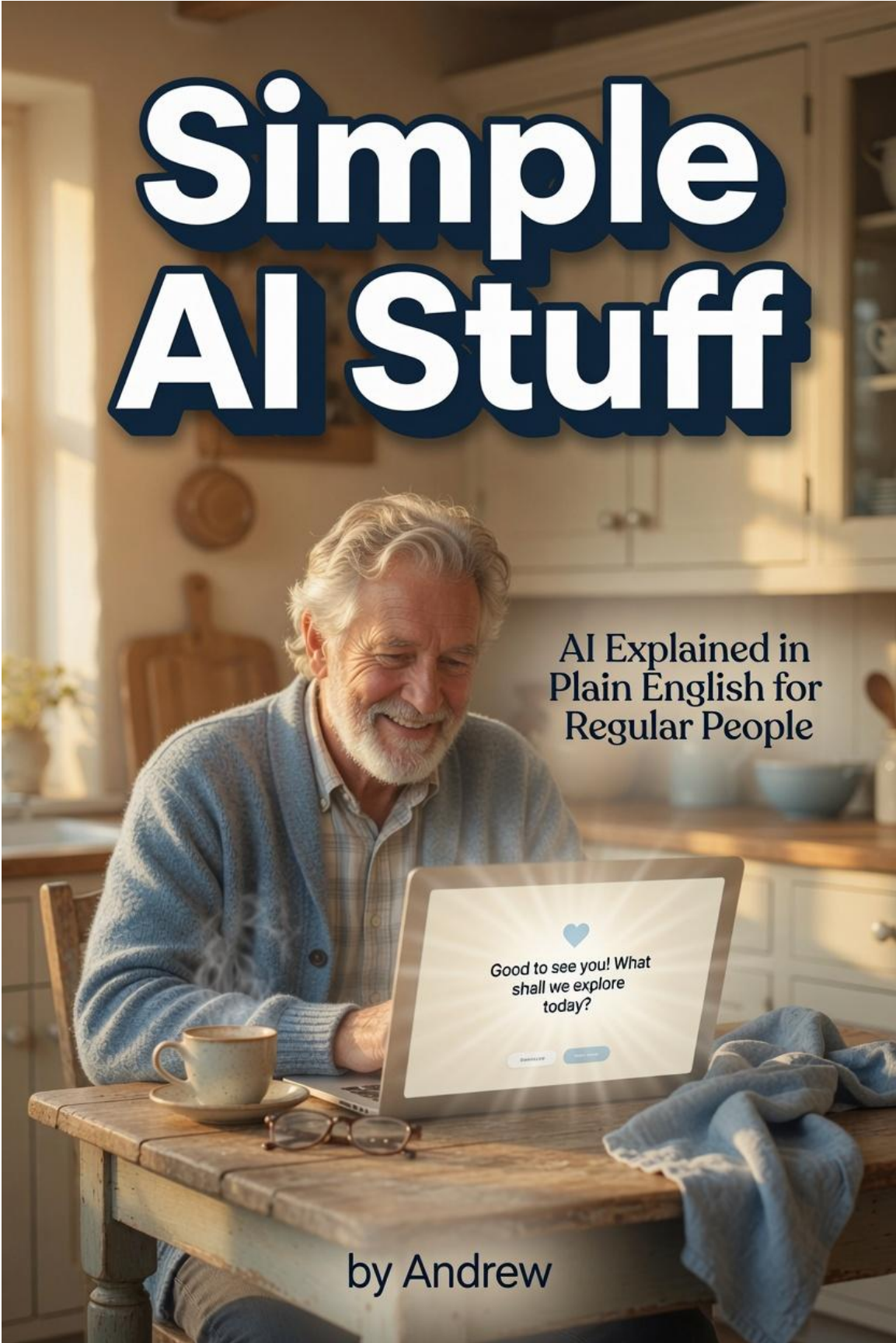


Simple AI Stuff

AI Explained in
Plain English for
Regular People



Good to see you! What
shall we explore
today?

by Andrew

Simple AI Stuff AI Explained in Plain English for Regular People by Andrew

Table of Contents

- 1. Welcome & How to Use This Guide**
- 2. What is AI? A Simple Explanation**
- 3. 10 Practical Ways AI Can Help You in Daily Life**
- 4. Best Free AI Tools for Beginners in 2026**
- 5. Handy Starter Prompts**
- 6. How to Start Using AI Without Feeling Overwhelmed**
- 7. How I Use AI Every Day as a 67-Year-Old**
- 8. Bringing Old Family Photos Back to Life**
- 9. Common Mistakes & How to Avoid Them**
- 10. Safety & Privacy Basics**
- 11. Conclusion & Next Steps**
- 12. Resources**

1. Welcome & How to Use This Guide

Hi, I'm Andrew — a 67-year-old guy who spent his career in the restaurant world. Like many of you, I was curious about AI but found most explanations too technical or overwhelming.

This guide is different. It's written in plain English for regular people — especially folks 60 and older — who just want practical help without the hype or jargon.

How to Use This Guide Simply copy any prompt, paste it into Grok (or any AI chat), and replace the words in **[brackets]** with your own details. Start with just one prompt today. You'll be surprised how quickly it becomes natural.

AI isn't here to replace us. It's here to help us — to save time, reduce stress, spark ideas, and stay connected.

2. What is AI? A Simple Explanation

What a great question! I had that same one myself not too long ago.

Think of AI as having a super-smart digital assistant that has access to a huge amount of knowledge and can help you with almost anything — instantly.

The best part? You don't need to be a tech expert to use it. Just start asking questions in plain English.

Real-Life Ways AI Can Help You Right Now

- Home projects — Not sure which bid on that painting job is the best deal? Upload the quotes and AI will compare them.
- Travel planning — Tell AI where you want to go and what you like. It can build a full itinerary.
- Writing emails & messages — Describe what you want to say and AI will help write it clearly.
- Learning new things — Ask AI to explain anything in plain English.
- Everyday companionship — Need someone to talk to? AI is always available.

Bottom line: AI is your very own personal digital intelligent assistant — always available, patient, and ready to help.

3. 10 Practical Ways AI Can Help You in Daily Life

You don't need to be a tech expert to benefit from AI. Here are 10 simple, real-world ways regular people are using it every day:

1. **Home Improvement & Big Purchases** Upload quotes or photos and ask AI to compare them.

2. **Travel Planning** “Plan a 7-day trip to Arizona for two people on a moderate budget who enjoy nature and good food.”
3. **Writing Emails & Messages** Describe what you want to say and AI will write it politely.
4. **Meal Planning & Cooking** Tell AI what ingredients you have and get easy dinner ideas.
5. **Learning New Things** “Explain how my EV works like I’m 67 and new to cars.”
6. **Brainstorming Ideas** Need side hustle ideas or gift suggestions? AI is great at this.
7. **Health & Fitness** “Create a simple 20-minute daily walking plan for someone with bad knees.”
8. **Home Projects** “What tools do I need to repaint my living room?”
9. **Decision Making** Ask AI to weigh pros and cons of a big purchase.
10. **Emotional Support** Some days you just want to talk or vent. AI is patient and non-judgmental.

Bonus Tip: The more specific you are, the better the answers. Don’t worry about perfect spelling.

4. Best Free AI Tools for Beginners in 2026

If you're just starting, don't try everything at once. Start with one good tool.

My top recommendation: Grok It feels natural, has personality, and is great for everyday use. Try it here: <https://grok.x.ai>

Quick Comparison:

Tool	Best For	My Honest Take
Grok	Everyday questions, conversation	Top pick for most beginners
ChatGPT	Writing, brainstorming	Very versatile
Claude	Thoughtful writing	Excellent for clear answers
Gemini	Research, Google users	Good if you use Google

Advice: Pick one, use it for small tasks, and see how it feels.

5. Handy Starter Prompts

Everyday Life

- “Explain [topic] like I’m 67 years old.”

- “Help me write a polite email to [person] about [issue].”

Home & Projects

- “Compare these three quotes for [project].”
- “What tools do I need to [home project]?”

Travel

- “Plan a 7-day trip to [place] for two seniors who enjoy [activities].”

Learning & Decisions

- “Weigh the pros and cons of [decision].”

Tip: If the answer isn’t right, just say “Make it simpler” or “Try again.”

6. How to Start Using AI Without Feeling Overwhelmed

Start tiny. Pick one small task today. Talk naturally. Be patient with yourself. It gets easier fast.

7. How I Use AI Every Day as a 67-Year-Old

I use it for comparing bids, brainstorming recipes, learning new things, planning projects, and even just talking when I need to think out loud. If I can do this, you can too.

8. Bringing Old Family Photos Back to Life

One of the most emotional uses of AI is enhancing old family photos or creating short animations. I did this with a photo of my grandfather and it was very moving.

9. Common Mistakes & How to Avoid Them

- Trying to do too much at once
- Using vague questions
- Giving up too soon

Be patient. Start small.

10. Safety & Privacy Basics

I understand the worry. Use common sense: don't share Social Security numbers, passwords, or full bank details. Be cautious with photos of young children. Treat

AI like a helpful stranger — friendly but not overly personal. Most everyday uses are low-risk.

11. Conclusion & Next Steps

You've taken your first steps. Pick one thing to try today. Visit the website, sign up for the email list on the homepage, and share your experiences in the comments. I'm learning right alongside you.

Thank you for reading. **Andrew**

12. Resources

- <https://simpleaistuff.com>
- Grok, ChatGPT, Claude, Gemini