Harvest Kernel ™

Plant Ideas. Cultivate Skills. Harvest Results.

THE AI FIELD GUIDE

Plant Ideas. Cultivate Skills. Harvest Results.

Your Complete Reference Guide to Building AI Skills That Matter

Written By Dean Le Blanc, Founder, Harvest Kernel

In 7 Days, You'll Go From AI Curious to AI Confident. Here's The Proof.

This isn't theory. It's what happens when you follow a proven, step-by-step method designed for real people with real work to do.

5,000+

Professionals Already Building AI Skills With This Method

90%

Report Increased Confidence and Practical Skills After Just 7 Days

5+ Hours

Average Time Saved Per Week Using AI Effectively

The difference between feeling overwhelmed by AI and confidently using it every day? A clear roadmap. You're holding it.

Table of Contents

Welcome to Your AI Journey

You're about to discover something that most people miss when they first encounter AI: it's not about the technology. It's about the skill. And that skill is within your reach right now. AI is not the future. It's the tool that protects your future. Whether you're an educator shaping young minds, an entrepreneur building something meaningful, a student preparing for your career, or a lifelong learner committed to growth—AI can amplify what you already do well. But only if you know how to use it. Here at Harvest Kernel, we believe in a simple truth: complex challenges become manageable when you break them into seeds—small, stackable steps that grow into real capability. That's the SeedStacking™ method, and it's how thousands of people are building AI literacy without overwhelm. This Field Guide is your foundation. Inside, you'll find practical prompts, proven workflows, and a clear 7-day path to competence. You won't become an AI expert overnight, but you will gain the confidence to use AI tools effectively in your work and life. Ready to plant your first seed? Let's begin.

What You'll Gain From This Field Guide

✓ **20 Ready to Use Prompts**
Copy paste prompts you can deploy today across all major AI platforms

✓ **10 Universal AI Workflows**
Master the patterns that work across every industry and profession

✓ **Strategic Foundation**
Understanding of how AI fits into your specific role and goals

✓ **7 Day Action Plan**
Clear path to build competence step by step without overwhelm

✓ **Community Access**
Connection to a learning community that supports your growth

"The future belongs to those who learn more skills and combine them in creative ways."

- Robert Greene

Quick Start: How to Use This Guide

Don't feel like you need to read this cover to cover. This guide is designed for action. Here's how to get immediate value based on where you are right now:

CHOOSE YOUR PATH

1 → **Solve Something Today**
→ Universal Workflows → *Results in 10 min*

2 → **Explore What AI Can Do**
→ Prompt Library → *Ready-to-use prompts*

3 → **Build Real AI Skills**
→ First 7 Days → *Structured plan*

4 → **Understand the Method**
→ SeedStacking™ → *Core philosophy*
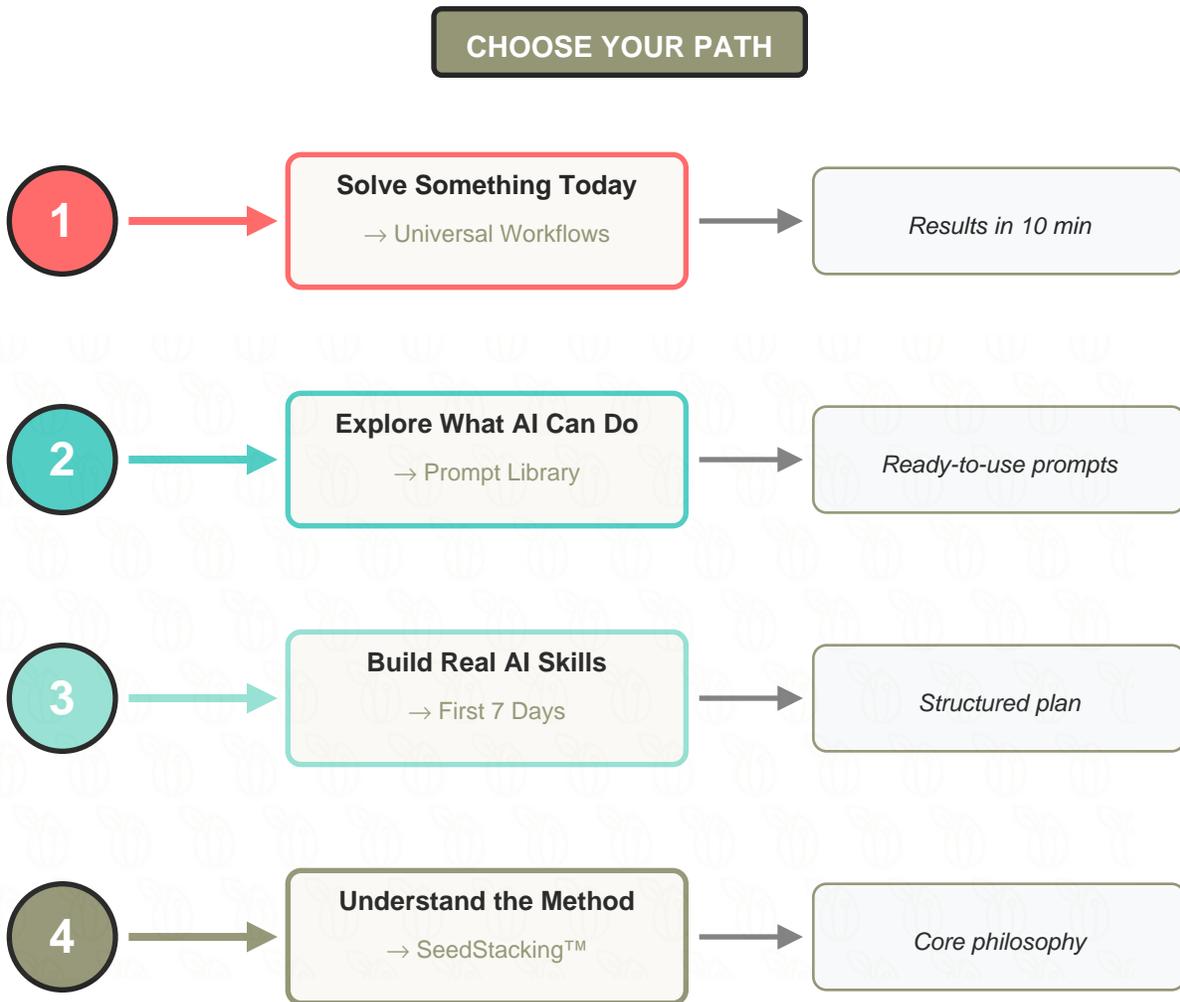
Mini Prompt Library

These 20 prompts are built for real-world use across major AI platforms (ChatGPT, Claude, Gemini, Copilot, Grok, Perplexity). Copy them exactly, or modify the bracketed sections [like this] to fit your specific situation. Each one is designed to give you a high-quality result with minimal effort.

A. For Educators

1. Lesson Plan Generator

"Create a detailed lesson plan for [grade level] on [topic]. Include learning objectives, a 5 minute hook to grab attention, step by step activities with timing, discussion questions, and a formative assessment. Format it so I can use it directly in class tomorrow."

2. Discussion Question Creator

"Generate 8 to 10 discussion questions for [topic/text] that move from basic comprehension to higher order thinking. Include 2 to 3 questions at each level: recall, analysis, and application. Make them open ended and designed to spark genuine conversation among [grade level] students."

3. Rubric Builder

"Create a detailed rubric for [assignment type] that assesses [specific skills]. Include 4 performance levels (Exemplary, Proficient, Developing, Beginning) with clear descriptors for each criterion. Make the language clear enough that students can use it for self assessment."

4. Parent Communication Assistant

"Draft a professional email to parents about [situation/concern/update]. Strike a tone that is warm but clear, acknowledges the parent's perspective, provides specific examples, and offers 2 to 3 concrete next steps. Keep it under 200 words."

5. Differentiation Strategy Generator

"Suggest 3 ways to differentiate [lesson/activity] for: (1) students who need additional support, (2) students working at grade level, and (3) students ready for extension. Focus on practical modifications I can implement without creating entirely separate lessons."

B. For Entrepreneurs & Content Creators

1. Marketing Message Creator

"Help me craft a marketing message for [product/service] that speaks to [target audience]. Focus on the transformation they'll experience, not just features. Include a compelling hook, 3 key benefits, and a clear call to action. Keep it conversational and under 150 words."

2. Content Calendar Planner

"Create a 30 day content calendar for [platform] focused on [topic/niche]. Include a mix of educational, promotional, and engagement focused posts. For each post, provide the content angle, format suggestion, and key message. Make it realistic for a solopreneur to execute."

3. Customer Research Analyzer

"I'm getting this feedback from customers: [paste feedback/reviews]. Identify the top 3 themes, translate them into specific pain points, and suggest how I might address each one in my [product/service/content]. Be specific and actionable."

4. Product Description Writer

"Write a compelling product description for [product] that sells to [target customer]. Start with the problem they're facing, show how this solves it, include 3 to 5 specific features with benefits, address a common objection, and end with urgency or scarcity if appropriate. Tone: [conversational/professional/playful]."

5. Competitive Analysis Guide

"Analyze [competitor names/URLs] and help me understand: (1) What are they doing well that I should learn from? (2) What gaps exist that I could fill? (3) How can I differentiate my [product/service/content]? Give me 3 specific positioning ideas based on this analysis."

C. For Students & Emerging Professionals

1. Study Guide Generator

"Create a comprehensive study guide for [topic/chapter/unit]. Break it into: (1) Key concepts with definitions, (2) Important formulas/processes with examples, (3) Common misconceptions to avoid, (4) 5 practice problems with varying difficulty, (5) Real world applications. Make it clear and scannable for review."

2. Research Summary Assistant

"I need to understand [research topic/article/study]. Summarize it in three parts: (1) What question were they trying to answer? (2) What did they find? (3) Why does this matter? Then suggest 3 follow up questions I should explore next. Keep it under 300 words total."

3. Exam Preparation Coach

"I have an exam on [subject] in [timeframe]. Based on [syllabus/topics], create a study plan that includes: daily focus areas, active learning strategies for each topic, self testing questions, and a final review strategy for the day before. Be realistic about time constraints."

4. Essay Development Helper

"I'm writing an essay on [topic/thesis]. Help me: (1) Strengthen my thesis statement, (2) Outline 3 to 4 main arguments with supporting evidence structure, (3) Identify potential counterarguments, (4) Suggest a strong opening hook and closing strategy. Do NOT write the essay. Help me think through it."

5. Career Path Explorer

"I'm interested in [field/industry] and have skills in [list skills]. Research typical career paths, entry level positions, required qualifications, and salary ranges. Then suggest 3 concrete next steps I can take this month to move toward this career, including networking, skill building, or experience gathering strategies."

D. For Lifelong Learners

1. Skill Development Roadmap

"I want to learn [skill] well enough to [specific goal]. Create a 90 day learning roadmap with: weekly milestones, specific resources to explore, practice exercises, and checkpoints to assess progress. Assume I can dedicate [time commitment] per week. Make it structured but flexible."

2. Concept Explainer

"Explain [complex concept] to me as if I'm intelligent but completely new to this field. Start with a simple analogy, then build up the core principles, and finish with how this connects to [related interest I have]. Include 2 to 3 questions I should be able to answer if I truly understand this."

3. Book Summary & Application

"I just read [book title] by [author]. Create a summary that includes: (1) The author's main argument, (2) The 3 most actionable insights, (3) Potential objections or limitations to the ideas, (4) How I might apply these concepts to [my situation/goal]. Focus on practical takeaways."

4. Deep Dive Study Guide

"I want to deeply understand [topic]. Create a self study curriculum that includes: foundational concepts I need first, a logical sequence of subtopics, recommended learning resources for different learning styles, self assessment questions, and a final project to demonstrate mastery."

5. Personal Development Planner

"Help me create a personal development plan around [growth area]. Include: specific behaviors to develop, measurable indicators of progress, common obstacles I might face with strategies to overcome them, accountability structures, and a 30, 60, and 90 day milestone framework."

■ **Want More?** These are basic level prompts designed to get you started. Intermediate and advanced prompts covering specialized methodologies like RACE, CLOSET, PEAC, TAP, SPIN, FOCUS, CLEAR, and STORY are available in our comprehensive LLM Prompting Guide at **www.harvestkernel.com**

"AI won't replace you. A person using AI will."

- Karim Lakhani, Harvard Business School

10 Universal AI Workflows

These workflows cut across professions. Whether you're a teacher, entrepreneur, student, or lifelong learner, you'll use these patterns repeatedly. Master these, and you'll handle 80% of your AI interactions with confidence.

Workflow	Use When...	Sample Start
1. Research Assistant	You need to understand a topic quickly	*"Give me overview of [topic]..."*
2. Email Drafter	Professional communication needed	*"Draft email to [person] about..."*
3. Content Outliner	Facing blank page syndrome	*"Create outline for [content]..."*
4. Meeting Prep	Before important meetings	*"Help me prepare for meeting..."*
5. Decision Framework	Complex choice ahead	*"Help me think through decision..."*
6. Task Breakdown	Project feels overwhelming	*"Break down [project] into..."*
7. Feedback Synthesizer	Multiple rounds of input	*"Identify themes in feedback..."*
8. Idea Validator	Want to stress test an idea	*"Evaluate this idea..."*
9. Learning Accelerator	Studying something new	*"Help me learn [topic] faster..."*
10. Communication Translator	Explain to general audiences	*"Explain [concept] to [audience]..."*

Detailed Workflow Instructions

Each workflow below includes the full process, complete prompts, and expected outcomes. Use these as templates you can adapt to your specific situation.

Workflow 1: Research Assistant

Purpose: Quickly understand a new topic without spending hours reading multiple sources.

Step by Step Process: 1. Identify your topic and what you specifically need to understand 2. Ask for an overview with key concepts 3. Request examples or real world applications 4. Ask follow up questions on areas that need clarification 5. Request resources for deeper learning if needed

> *Full Prompt Template: "I need to understand [TOPIC] for [PURPOSE/CONTEXT]. Give me: 1) A clear overview of the core concepts in plain language 2) The 3 most important things I should know 3) 2 to 3 real world examples of how this applies 4) Common misconceptions people have about this topic Keep it practical and avoid unnecessary jargon."*

Expected Outcome: A clear, structured overview you can understand and act on within 5 to 10 minutes.

Workflow 2: Email Drafter

Purpose: Write professional, clear emails without overthinking tone or structure.

Step by Step Process: 1. Define who you're writing to and the relationship 2. Clarify your main message or request 3. Specify the desired tone (formal, friendly, direct, etc.) 4. Let AI draft, then personalize with your voice 5. Add specific details only you would know

> *Full Prompt Template: "Draft a [TONE] email to [PERSON/ROLE] about [SITUATION/REQUEST]. Context: [Brief background they need to know] Main point: [What you need from them or want to communicate] Constraints: Keep it under [LENGTH] and make sure to [SPECIFIC REQUIREMENT]. Close with [TYPE OF CALL TO ACTION]."*

Expected Outcome: A professional draft you can send with minor tweaks, saving 10 to 15 minutes per email.

Workflow 3: Content Outliner

Purpose: Overcome blank page syndrome with a clear structure before you write.

Step by Step Process: 1. Define your content type and target audience 2. Clarify your main message or goal 3. Request a logical structure with main sections 4. Refine sections that don't flow well 5. Use the outline as your writing roadmap

> *Full Prompt Template: "Create a detailed outline for [CONTENT TYPE] aimed at [AUDIENCE]. Main message: [What you want them to understand/do] Length target: [Approximate word count or time] Include: An attention grabbing opening, 3 to 5 main sections with subsections, and a strong close with clear next steps. Make it logical and easy to follow."*

Expected Outcome: A complete outline that turns a 2 hour writing struggle into a 30 minute focused session.

Workflow 4: Meeting Prep

Purpose: Walk into meetings confident and prepared, even with limited time.

Step by Step Process: 1. Identify meeting type and participants 2. Clarify your objectives and potential obstacles 3. Request talking points and anticipated questions 4. Generate responses to challenging scenarios 5. Create a simple agenda or framework

> *Full Prompt Template: "I have a [TYPE OF MEETING] with [WHO] about [TOPIC]. My goals: [What you want to achieve] Potential challenges: [What might come up] Help me prepare by providing: 1) 3 to 5 key talking points 2) Questions they're likely to ask 3) How to handle [SPECIFIC CONCERN] 4) A simple agenda structure"*

Expected Outcome: A preparation framework that makes you the most organized person in the room.

Workflow 5: Decision Framework

Purpose: Make better decisions by seeing all angles you might have missed.

Step by Step Process: 1. Clearly state the decision you need to make 2. List what you're optimizing for (time, cost, quality, etc.) 3. Identify your constraints and non negotiables 4. Request a structured analysis of options 5. Ask for blind spots or considerations you missed

> *Full Prompt Template: "Help me decide: [DECISION TO MAKE] My options are: [LIST OPTIONS] I'm prioritizing: [MOST IMPORTANT FACTORS] Constraints: [LIMITATIONS OR REQUIREMENTS] Analyze each option's pros and cons, potential risks I might not see, and recommend which option best fits my priorities. Challenge my assumptions if you see flaws in my thinking."*

Expected Outcome: A clear decision framework with confidence you've considered all important factors.

Workflow 6: Task Breakdown

Purpose: Transform overwhelming projects into manageable action steps.

Step by Step Process: 1. Describe the big project or goal 2. Specify your timeline and resources 3. Request a breakdown into phases 4. Get specific tasks for the first phase 5. Identify quick wins to build momentum

> *Full Prompt Template: "Break down this project: [PROJECT DESCRIPTION] Timeline: [HOW LONG YOU HAVE] Resources: [WHAT/WHO YOU HAVE ACCESS TO] Constraints: [WHAT YOU CANNOT CHANGE] Give me: A logical sequence of phases, specific tasks for each phase (nothing too big to complete in one sitting), realistic time estimates, and which tasks I should tackle first to gain momentum."*

Expected Outcome: A clear action plan that eliminates paralysis and gets you started immediately.

Workflow 7: Feedback Synthesizer

Purpose: Make sense of conflicting feedback and identify actionable patterns.

Step by Step Process: 1. Gather all feedback in one place 2. Paste the feedback into your AI conversation 3. Request theme identification and prioritization 4. Ask for specific action recommendations 5. Identify which feedback to act on first

> *Full Prompt Template: "I received the following feedback on [PROJECT/WORK]: [PASTE ALL FEEDBACK HERE] Analyze this and tell me: 1) What are the 3 to 5 main themes or patterns? 2) Which feedback is most critical to address? 3) What feedback conflicts with each other, and how do I resolve it? 4) Give me 3 specific actions I should take first. Be direct about what matters most."*

Expected Outcome: Clear priorities extracted from messy, conflicting feedback in minutes instead of hours.

Workflow 8: Idea Validator

Purpose: Stress test ideas before investing time and resources.

Step by Step Process: 1. Describe your idea clearly and completely 2. Request critical analysis, not cheerleading 3. Ask about blind spots and risks 4. Get suggestions for improvement 5. Identify the first small test to validate the idea

Full Prompt Template: "Evaluate this idea critically: [YOUR IDEA] Target audience: [WHO IT'S FOR] Main benefit: [WHAT PROBLEM IT SOLVES] I need you to: 1) Identify potential weaknesses or blind spots I'm missing 2) List the top 3 risks that could make this fail 3) Suggest how to strengthen the idea 4) Recommend one small, low cost way to test if this idea has legs before I invest heavily. Be brutally honest, I can handle it."

Expected Outcome: Honest feedback that helps you improve or pivot before wasting resources.

Workflow 9: Learning Accelerator

Purpose: Master new topics faster with a personalized learning strategy.

Step by Step Process: 1. Identify what you need to learn and why 2. Specify your current knowledge level 3. Request a customized learning path 4. Get practice exercises or applications 5. Ask for self assessment questions

Full Prompt Template: "I need to learn [TOPIC] to [GOAL/PURPOSE]. Current level: [BEGINNER/INTERMEDIATE/ADVANCED] Time available: [HOW MUCH TIME PER WEEK] Learning style: [PREFER EXAMPLES/THEORY/HANDS ON/ETC] Create a learning path that includes: 1) Prerequisites I should know first 2) A logical sequence of concepts to learn 3) 2 to 3 practice exercises for each concept 4) How I'll know I've actually mastered this Make it practical and focused on what I need, not everything possible."

Expected Outcome: A personalized learning plan that cuts study time in half with better retention.

Workflow 10: Communication Translator

Purpose: Explain complex concepts to people who don't share your expertise.

Step by Step Process: 1. Identify your complex concept or idea 2. Define your audience and their knowledge level 3. Request translation to their language 4. Ask for analogies they'll understand 5. Test comprehension with example questions

Full Prompt Template: "Explain [COMPLEX CONCEPT] to [AUDIENCE TYPE] who has [THEIR KNOWLEDGE LEVEL]. They need to understand: [KEY POINTS THEY MUST GET] They don't need: [TECHNICAL DETAILS TO SKIP] Use: 1) Analogies from [THEIR WORLD/EXPERIENCE] 2) Plain language, no jargon 3) Concrete examples they can relate to 4) A simple visual or diagram description if helpful Make it so clear that someone with no background gets it immediately."

Expected Outcome: Clear explanations that bridge expertise gaps and eliminate confusion.

SeedStacking™: The Harvest Kernel Method

Most people fail at learning AI for the same reason they fail at learning anything complex: they try to eat the whole elephant in one bite. **SeedStacking™ is different.** It's a systematic methodology for building AI capability through deliberate, layered growth.

THE FIVE CORE PRINCIPLES

1. Good outputs don't come from powerful tools. *They come from well-planted questions.*

2. Context is fertilizer. *The richer the soil, the stronger the growth.*

3. One seed becomes a plant. *Stacking turns it into a garden.*

4. AI accelerates. *Humans steer.*

5. Harvest once. *Replant forever.*

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and starting on the first one."

- Mark Twain

The Multi Tool Advantage: True SeedStacking™ mastery means using multiple AI applications together. Don't limit yourself to one platform. ChatGPT excels at creative ideation, Claude at nuanced analysis, Gemini at research synthesis, Perplexity at fact checking. Use each tool's strengths. Start your project in one, refine in another, validate in a third. This combination approach produces dramatically better results than relying on a single AI. Think of it as assembling the best team rather than hiring one generalist.

The SeedStacking™ Process

Five steps. Each builds on the last. Master this process and you'll outperform people with better tools, bigger budgets, and more time.

STEP 1: Plant the Right Seed
Intent & Problem Framing

Everything starts with intent. Identify the core question worth answering. Decide the outcome before the process. Narrow scope so the seed can actually grow.

■ *Good outputs don't come from powerful tools. They come from well-planted questions.*

STEP 2: Enrich the Soil
Context & Inputs

Seeds fail in poor soil. Add role, audience, and constraints. Provide examples of 'good' and 'bad.' Share source material instead of vague instructions.

■ *Context is fertilizer. The richer the soil, the stronger the growth.*

STEP 3: Stack the Layers
Tools, Models, or Passes

Draft in one model, refine in another. Move from raw ideas to structure to polish. Let tools specialize instead of forcing one to do everything.

■ *One seed becomes a plant. Stacking turns it into a garden.*

STEP 4: Prune and Train
Refinement & Judgment

Growth without pruning becomes chaos. Remove what doesn't serve the goal. Clarify language for the actual audience. Apply domain expertise, ethics, and common sense.

■ *AI accelerates. Humans steer.*

STEP 5: Harvest and Replant
Reuse & Compounding

The output isn't the end. Turn outputs into prompts, frameworks, or templates. Feed successful results back into future workflows. Build personal or organizational knowledge assets.

■ *Harvest once. Replant forever.*

The SeedStacking Difference: Most people ask once and hope. SeedStacking builds in layers. One output becomes the input for the next tool, model, or refinement pass. This isn't just better results. It's compound growth.

"You don't have to be great to start, but you have to start to be great."

- Zig Ziglar

Your First 7 Days With AI

This is your quickstart roadmap. Each day builds on the last. Each task takes 10 minutes or less. By the end of week one, you'll have a foundation that 90% of people never build.

Day 1: Choose Your Tool

Your Action: Pick one AI platform (ChatGPT, Claude, Gemini, Copilot, Grok, or Perplexity). Create a free account. Spend 5 minutes exploring.

Why This Matters: Commitment starts with action. One tool. One account. No analysis paralysis.

Day 2: Use One Prompt

Your Action: Pick ONE prompt from Section 3 that matches your role. Copy it exactly. Try it. See what happens.

Why This Matters: You learn AI by using it, not reading about it. One prompt proves it works.

Day 3: Customize It

Your Action: Take yesterday's prompt and modify it for a different situation. Change the variables. Make it yours.

Why This Matters: Customization is where competence begins. You're adapting, not just copying.

Day 4: Try One Workflow

Your Action: Pick one workflow from Section 4. Follow the steps. Use it to solve a real problem today.

Why This Matters: Workflows build systems. Systems save time. This is where AI becomes genuinely useful.

Day 5: Teach Someone

Your Action: Explain to a colleague, friend, or family member one thing you've learned. Show them one prompt or workflow.

Why This Matters: Teaching forces clarity. If you can explain it, you understand it.

Day 6: Identify Your Top 3

Your Action: What are the three tasks you do repeatedly that AI could help with? Write them down. Create prompts for each.

Why This Matters: AI becomes powerful when it's personalized. Your top 3 drive 80% of your usage.

Day 7: Join the Community

Your Action: Go to www.harvestkernel.com and join the free community. Introduce yourself. Share one win. Ask one question.

Why This Matters: Learning alone is hard. Learning together is exponential.

7 Day Action Checklist

Print this page and check off each day as you complete it

Day	Action	✓
1	Choose one AI tool and create free account	☐
2	Try ONE prompt from the library	☐
3	Customize that prompt for a new situation	☐
4	Use one workflow to solve a real problem	☐
5	Teach someone what you learned	☐
6	Identify top 3 AI use cases + create prompts	☐
7	Join www.harvestkernel.com community	☐

■ Completion Reward: When you finish all 7 days, share your success in the Harvest Kernel Community and tag it with #SeedStacking™7Days. Celebrate your wins with fellow learners!

AI Platform Comparison Guide

This comparison helps you choose the right AI tool for your needs. All platforms listed offer free tiers. Start there before upgrading. Model information current as of December 2025.

Platform	Best For	Free Tier	Paid Tiers
ChatGPT	General purpose, coding, creative tasks	GPT-5.2 Instant (limited)	Plus: $20/mo (GPT-5.2, o3) Pro: $200/mo (GPT-5.2 Pro, unlimited) Team: $25 to 30/user/mo
Claude	Long documents, analysis, professional writing	Sonnet 4 (limited daily)	Pro: $20/mo (Sonnet 4.5, Opus 4.1) Max: $100-200/mo (5-20x usage) Team: $30/user/mo
Gemini	Google integration, multimodal tasks	Gemini 3 Flash (limited)	Advanced: $19.99/mo (Gemini 3 Pro + 2TB) Business: $20 to 30/user/mo Enterprise: $30/user/mo
Copilot	Microsoft integration, Office apps	Limited with Edge browser	Pro: $20/mo (requires M365) M365 Copilot: $30/user/mo
Grok	Real time X data, conversational AI	Limited (10 queries/2hrs)	X Premium: $8/mo X Premium+: $40/mo (Grok 3) SuperGrok: $30/mo
Perplexity	Research, citations, deep search	Unlimited basic, 5 Pro/day	Pro: $20/mo (300+ searches) Max: $200/mo (unlimited) Enterprise: $40/user/mo

■ Pricing Strategy: Start with free tiers to find your preferred interface. Most people only need paid plans if using AI 20+ times daily or working with very large documents.

Quick Picker: Side by Side Comparison

Feature	ChatGPT	Claude	Gemini	Perplexity
Best Use Case	Creative tasks, coding, general purpose	Long documents, nuanced writing, analysis	Google Workspace integration, multimodal	Research, citations, source verification
Context Window	128K tokens (GPT-5.2)	200K tokens (Sonnet 4.5)	2M tokens (Gemini 3 Pro)	Varies by mode
Coding Ability	Excellent (o3 model)	Excellent (code artifacts)	Good (integrated with IDX)	Limited
Document Analysis	Good (up to 2GB files)	Excellent (200K context)	Excellent (multimodal)	Good (with citations)
Real Time Data	Limited (browsing mode)	No (training cutoff)	Yes (Google Search)	Yes (web search built-in)
Mobile App	iOS & Android	iOS & Android	iOS & Android	iOS & Android
API Access	Yes ($$$)	Yes ($$$)	Yes ($)	Yes ($$$)
Best Free Tier	GPT-5.2 Instant	Sonnet 4	Gemini 3 Flash	Unlimited basic

Quick Decision Guide: • **Choose ChatGPT** for: Versatile everyday tasks, creative writing, coding projects • **Choose Claude** for: Professional writing, document analysis, thoughtful responses • **Choose Gemini** for: Google Workspace users, multimodal projects, massive documents • **Choose Perplexity** for: Research papers, fact checking, source verification

Using AI Responsibly

AI is a powerful tool, and with power comes responsibility. Here's how to use AI ethically and professionally in your work and life.

Privacy & Data Security

Never share: Passwords, Social Security numbers, financial account details, private student/patient information, confidential business data, or personal information about others without consent. Safe practice: Treat AI like a public forum. If you wouldn't post it on social media, don't put it in an AI prompt.

Academic & Professional Integrity

For students: AI is a study tool, not a replacement for learning. Use it to understand concepts, generate practice questions, or outline ideas, but the final work must be yours. For professionals: Review and verify all AI generated content before using it. You are responsible for accuracy, not the AI.

Bias & Critical Thinking

AI reflects patterns in its training data, which means it can reproduce biases. Your responsibility: Question outputs that seem stereotypical. Ask for multiple perspectives. Use AI as a starting point, not the final answer. Pro Strategy: Test the same prompt across multiple LLMs (ChatGPT, Claude, Gemini) to gain broader perspective. Different models often provide complementary insights, reveal blind spots, and help you identify patterns versus outliers. This cross platform approach strengthens critical thinking and reduces reliance on any single AI's limitations.

The Bottom Line

Use AI as a tool to amplify your capabilities, not replace your thinking. Stay curious about how it works, aware of its limitations, and intentional about how you integrate it into your professional life.

Share This Guide

Found The AI Field Guide helpful? Help others discover it too. Here are prewritten messages you can copy and share:

For LinkedIn:

Just completed The AI Field Guide from Harvest Kernel and I'm genuinely impressed. If you're looking to build practical AI skills without the hype, this is it. 20 ready-to-use prompts, 10 workflows, and a 7-day action plan that actually works. Free download at www.harvestkernel.com

For Twitter/X:

Stop dabbling in AI. Start building real skills. The AI Field Guide from Harvest Kernel gives you everything you need: 20 prompts, 10 workflows, and a proven 7-day plan. Free at harvestkernel.com

For Email:

Hi [Name], I wanted to share a resource that's helped me get up to speed with AI tools. It's called The AI Field Guide from Harvest Kernel. Completely free, very practical, and designed for people who actually work for a living. Worth checking out: www.harvestkernel.com

Next Steps: Community Member Benefits

You've completed The AI Field Guide. When you join the free Harvest Kernel Learning Community at **www.harvestkernel.com**, here's what continues your learning journey:

The SeedStacking™ Framework: Access our proven method for turning complex AI tasks into simple, stackable steps. In your first week, you'll learn to "speak AI" for relevant results every time, and in under 20 minutes, you'll eliminate one repetitive task from your routine.

Curated AI Toolkits for Every Context: Get instant access to practical AI toolkits built for your goals—whether you're teaching, leading, running a business, doing research, learning new skills, supporting your family, or building tech. Each toolkit comes with step by step tutorials, real world examples, and ethical guidelines.

Thriving Learning Community: Join a global community of educators, entrepreneurs, researchers, students, parents, and developers all navigating the AI journey together. Ask questions, share wins, solve challenges, and learn how others are using AI effectively. Real connections happen here.

Comprehensive Course Library: Start with "AI Essentials," a beginner friendly course that demystifies AI with no tech background required. Explore specialized tracks for teaching, leadership, business, research, learning, family use, or development. Advanced courses dive into AI literacy, design, ethics, and future proofing your skills.

Monthly Community Challenges: Small, practical tasks that build your AI confidence step by step. From streamlining a repetitive task to drafting guidelines or teaching someone else, each challenge helps you apply AI in real ways. Share progress, get feedback, and celebrate wins with peers.

Curated YouTube Library: Handpicked AI tutorials, reviews, and case studies organized by topic, role, and skill level. Every video is vetted for accuracy, rated by the community, and timestamped so you can jump straight to what you need. Learn visually, at your own pace.

All of this is free. No credit card. No upsells. Just practical resources that help you actually use AI in your work and life. Join today at **www.harvestkernel.com**

Join the Harvest Kernel Community

You have the prompts, the workflows, and the plan. But learning AI in isolation is slower and harder than it needs to be. The Harvest Kernel Learning Community is where educators, entrepreneurs, students, and lifelong learners build AI skills together. It's free to join and built for real growth.

Scan to join instantly

Visit **www.harvestkernel.com** and join the free learning community today.

About the Author

Dean Le Blanc is a Professor of Supply Chain and founder of Harvest Kernel, a nonprofit AI education company. With decades of experience teaching operations management, logistics, and process improvement, Dean has taught thousands of students across multiple disciplines. His practical, real-world approach has earned him recognition as both an engaging instructor and a trusted advisor to industry professionals. Dean developed the SeedStacking™ methodology after recognizing a fundamental truth: most people don't need to become AI experts. They need practical skills they can use tomorrow. His approach emphasizes breaking down complex challenges into manageable steps, building confidence through small wins, and focusing on real-world application over technical jargon. This methodology has helped thousands move from AI overwhelm to AI confidence. His message remains consistent: AI should enhance human capability, not replace it. Those who learn to use it wisely, ethically, and effectively starting right now will be the ones who thrive in the age of AI.

Connect with Dean and Harvest Kernel:

Website:	www.harvestkernel.com
Email:	info@harvestkernel.com
❌	@HarvestKernel
in	linkedin.com/company/harvest-kernel
Community:	Join 5,000+ learners building AI skills

Harvest Kernel ™

Plant Ideas. Cultivate Skills. Harvest Results.

Plant Ideas.
Cultivate Skills.
Harvest Results.

www.harvestkernel.com

Join 5,000+ learners building AI skills together