

Turn AI Into Your Personal Course Creator

3 prompts to diagnose your skill level, build a personalised curriculum and make you prove what you have learned.

USE THIS RESOURCE TO

Use AI to organise a learning path around your actual level, available time and real-world goal - then turn the plan into practice.

Practical. Minimal. Built to be used.

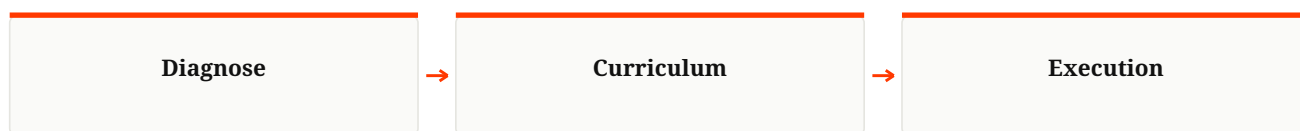
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From Random Learning to a Learning System

A common learning pattern looks productive but is difficult to progress through: random videos, saved tutorials, scattered notes, another course, then another new topic. The missing piece is usually not more information. It is a clear progression and a way to test whether you can actually use what you learned.

- You watch tutorials without knowing which skill gap they are solving.
- You collect resources faster than you practise them.
- You start at the wrong level and repeat what you already know.
- You take notes but rarely create anything that proves ability.
- You build a huge learning plan and spend more time organising than learning.

These three prompts create a simpler sequence:



IMPORTANT

AI can help organise and personalise the learning process. It does not automatically replace expert teaching, reliable sources, real practice or your own judgement.

Prompt 1 - Diagnose My Starting Point

Do not ask AI to build a course before it knows what you already understand. The first prompt forces it to assess your starting point and connect the plan to a concrete goal.

PROMPT 1

I want to become genuinely good at **[SKILL]**, but before teaching me anything, figure out exactly where I am right now.

Ask me **7-10 focused questions** that test my current knowledge, practical ability, experience, weaknesses, and what I want to achieve with this skill.

After I answer, give me:

- My current level
- My biggest knowledge gaps
- The 3 areas I should prioritise first
- Anything I am wasting time learning too early

Do not give me a generic beginner plan.

Base everything on my answers and my goal:

[GOAL]

How to customise it

Variable	What to enter
[SKILL]	A skill with a clear practical meaning: public speaking, sales, copywriting, video editing, coding, design, content creation.
[GOAL]	A result you could recognise in the real world. Avoid vague goals such as "get better".

Too vague	More useful
"Get better at sales."	"Become confident enough to run a discovery call and sell my first service."

Prompt 2 - Build My Personal Curriculum

Once the AI has your assessment, give it a time constraint. A plan built for five hours a day is useless if you only have three hours a week. The constraint forces prioritisation.

PROMPT 2

Using the assessment you just created, build me a personalised learning path for **[SKILL]**.

I can dedicate approximately **[TIME PER DAY/WEEK]**, and my goal is **[GOAL]**.

Break the curriculum into clear stages, starting with the highest-leverage fundamentals and progressing toward real-world ability.

For every stage include:

- What I need to learn
- Why it matters
- What I should practise
- How I know I am ready to move on
- The most common mistake to avoid

Remove unnecessary theory.

Prioritise the smallest amount of learning that gives me the biggest improvement.

Why the time constraint matters

It forces the curriculum to make trade-offs. You want a plan you can execute consistently, not an impressive syllabus you abandon after two days.

Useful constraint: Ask the AI to design for the time you can sustain on an ordinary week - not your most motivated week.

A Small Curriculum Example

The point is not to create an enormous fake course. A good curriculum can be short if each stage has a clear purpose and a visible test.

Input	Example
Skill	Public speaking
Time	30 minutes/day
Goal	Deliver a clear 10-minute presentation confidently

Stage	What it might focus on
1. Clarity	Build one clear message, opening and ending. Practise a 2-minute explanation without notes.
2. Delivery	Pace, pauses, eye contact and removing distracting filler words. Record short repetitions.
3. Full rehearsal	Deliver the full 10 minutes, review the recording and repeat the weakest section.

Ready to move on?

Do not progress because you finished the lesson. Progress because you can demonstrate the stage at an acceptable standard.

Prompt 3 - Make Me Prove I Can Actually Do It

This is the most important prompt because it converts a curriculum into evidence. Consuming information can feel like progress. Producing something shows whether the skill is usable.

PROMPT 3

Now turn this course into practical execution.

For every major section of the curriculum, create a **real exercise, challenge, or mini-project** that forces me to use what I learned instead of just consuming information.

Each task should include:

- What I need to create or accomplish
- A clear difficulty level
- A time limit
- What "good" looks like
- A simple scoring system out of 10
- The most likely mistake I will make

After I complete each task, I will send you my result.

Critique it directly, tell me:

- What I did well
- What needs improving
- Whether I should progress
- Whether I should repeat the exercise

The goal is not to finish a course.

The goal is to become genuinely capable at **[SKILL]**.

Do not treat an AI score as objective truth. Use it as structured feedback, then compare your work with real standards, credible examples, teachers, users, clients or other relevant feedback where possible.

The Learning Loop



The loop matters more than the course. A curriculum gives direction, but repeated practice and feedback are what reveal the next weakness.

Information is not the finish line.

Every major learning block should eventually produce something: a call, a design, a piece of code, a speech, a written page, a video, a project or another observable result.

How to use the 3 prompts

- 1 Open a fresh AI conversation.
- 2 Run Prompt 1.
- 3 Answer the assessment honestly.
- 4 Run Prompt 2 in the same conversation.
- 5 Adjust anything unrealistic - especially the time commitment.
- 6 Run Prompt 3.
- 7 Start the first practical task immediately.
- 8 Return to the same conversation with your work and ask for feedback.

Mistakes to Avoid

Mistake	Better approach
Learning too many skills at once	Choose one skill that matters to a current goal and give it enough time to compound.
Choosing vague goals	Define what capability would look like in a real situation.
Accepting every AI answer as correct	Verify important facts and compare guidance with credible sources or experts.
Designing the perfect curriculum	Build a good-enough plan, then start the first practice task.
Skipping practical exercises	Require evidence after every major stage.
Never getting real-world feedback	Use people, users, teachers, clients, audiences or objective results where appropriate.
Using AI as a replacement for thinking	Challenge the plan, ask why, and make your own decisions.

Your starting line

WRITE IT DOWN

What is one skill you genuinely want to become good at?

Skill: _____

Specific goal: _____

Time I can realistically commit: _____

Then run Prompt 1 today.

Do not build the perfect course. Build the ability.