

# Your First Steps with AI

A Beginner's No-Code Starter Kit



ChatGPT

Midjourney

HeyGen

— Create • Learn • Have Fun —



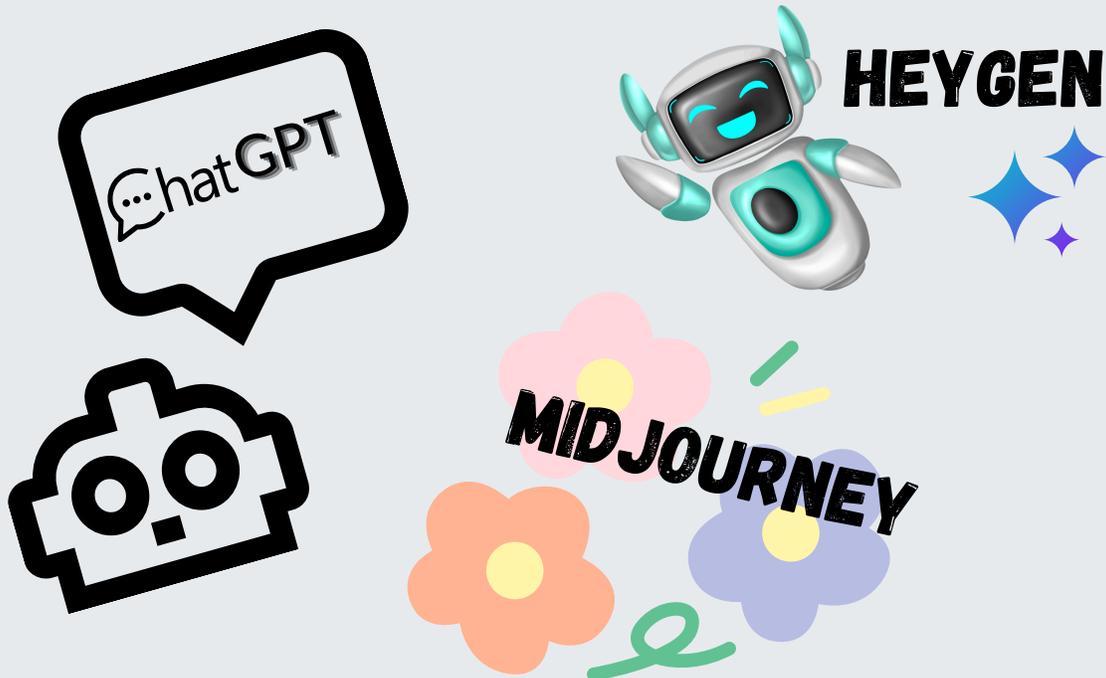
# Your First Steps with AI No-Code Starter Kit



**Your friendly guide to unlocking  
the power of AI!  
No Code! No Stress!**



## In This Guide, You'll Explore:



# How to Use This Guide

Welcome aboard! Whether you're brand new to AI or just dipping your toes in, this guide is designed to be easy to follow, quick to explore, and fun to use.

## Your Quick Navigation

Here's how to get the most out of your no-code AI journey:

Section	What It Covers	Time Needed
1. Welcome & Orientation	Intro to Bri and what's inside	5 min
2. What Is AI?	Simple, clear AI basics	5–10 min
3. What Can You Do With AI?	Real-life ideas & use cases	10 min
4. Easiest Tools to Try	ChatGPT, Midjourney, HeyGen	15–20 min
5. Starter Projects	Hands-on practice	30–40 min
6. Ethics & Myths	Staying safe & smart	10–15 min
7. What's Next?	Ongoing paths & resources	5–10 min

## What You'll Need to Follow Along

No special equipment required! All you need is:

- A browser (Chrome, Safari, etc.)
- Internet access
- About 60–90 minutes (or take it one section at a time)

## Best Way to Use This Guide

You don't have to read cover-to-cover. Start anywhere that catches your interest. Each section is beginner-friendly and designed to work on its own.

 **Bonus Tip:** Track your ideas or results in a notebook or app—it's a great way to see your AI progress!

# Your First Steps with AI No-Code Starter Kit



## Quick Navigation

### Section 1: Welcome & Orientation

Welcome to Your First Steps with AI: No-Code Starter Kit. This quick-start guide is for beginners, creators, and curious minds. No coding needed, just simple, practical steps to begin using tools like ChatGPT, Midjourney, and HeyGen.

### Section 2: What Is AI? (Plain English)

AI stands for 'Artificial Intelligence'. Its not magic, its smart pattern recognition. ChatGPT, for example, predicts what text comes next. Midjourney creates images based on words you give it.

### Section 3: What Can You Actually Do With AI?

Everyday tasks: summarize articles, plan meals, write emails. Creative tasks: write stories, make digital art, generate ideas. Business use: content planning, product mockups, social media posts

### Section 4: The Easiest Tools to Start With

- 1. ChatGPT for writing and ideas.
- 2. Midjourney to turn text into art.
- 3. HeyGen to make talking avatar videos.

### Section 5: Simple Starter Projects

Try:

- ChatGPT to plan your weekend
- Midjourney to create a digital illustration
- HeyGen to make a short video of yourself talking



## Section 6: AI Myths, Ethics, and Safety

Myths:

- AI is taking over? Nope.
- AI knows everything? Not quite.

Tips:

- Don't share private info
- Fact-check everything
- Use AI ethically and respectfully



## Section 7: Whats Next?

Explore more tools, use AI in your work, or even earn by creating AI-based products like art, templates, or prompt guides. The key? Keep learning and trying!

## Glossary of AI Terms

Not sure what a "prompt" is? Or what "upscaling" means in Midjourney? No worries! This glossary has you covered.

This quick reference page is here to explain some of the common terms you will see in this guide. It's written in plain English, just like the rest of the kit. So you can feel confident, not confused.

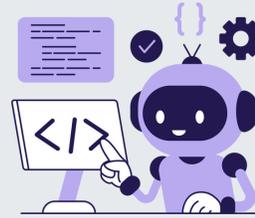
**LITTLE STEPS  
MATTER**



# From Idea to AI: Why This Guide Exists

## First things first!

I want to thank you for being here.



This guide was made with you in mind: someone who's curious about AI but doesn't want to get lost in all the tech jargon or coding tutorials.

## A Little Backstory...

This guide is brought to you by AI Bridge Pro and me, Bri, your friendly AI guide!

I was created using AI tools because my creator (Beth) had a powerful message to share but didn't want to be on camera or in the spotlight.

Instead, she chose to use AI to help teach AI, and that's kind of the whole point of this guide.

You don't need to be a coder, designer, or tech wizard.

If you can read, click, and follow a few simple steps... you're already ready.

## What You'll Need

- Internet connection
- A device with a browser
- No downloads. No installs. No tech stress.



## How Long It Takes

This guide is short and sweet — you can do it all in 60–90 minutes, or split it into quick 10–15 minute sessions.

## Before You Begin...

This journey is about discovering what AI can do for you, not impressing anyone else.

Whether you're here for fun, productivity, or creative projects, you're in the right place.

Let's take your first step together — no code required.

**Now flip the page, and let's begin!**



Warmly,  
Bri - Your AI Guide

***Your first step into the world of AI? Let's make it easy and fun!***



# Section 1: Welcome & Orientation

## Hey there, future AI explorer!

Welcome to “Your First Steps with AI: No-Code Starter Kit.”

If you’re here, that means you’re curious about AI. But maybe also a bit overwhelmed by all the talk about prompts, chatbots, and weird-sounding tools.

Don’t worry, you’re in the right place.

This guide is built just for beginners like you. No tech skills? No problem. You won’t need to code anything, install anything confusing, or understand how AI really works behind the scenes. We’ll keep it simple and fun.

## What This Kit Is (and Isn’t)

✓ This kit is:

- A super simple way to explore what AI can actually do
- A guide to help you try 3 beginner-friendly AI tools
- A fun starting point to help you create cool stuff in just minutes

✗ This kit isn’t:

- A deep dive into programming, advanced prompts, or AI theory
- Meant to make you an expert overnight
- Boring (at least we hope not)

## How to Use This Kit

- You can do the whole thing in about 60–90 minutes
- Or break it into smaller pieces—each section takes 10–15 minutes
- You’ll find real examples, clickable links, and mini projects to try
- There’s nothing to install (everything runs online)

## What You'll Learn & Do



By the end of this guide, you will:

- Understand the difference between ChatGPT, Midjourney, and HeyGen
- Know which tool to use for what task (and why)
- Make your first AI-generated image
- Create a short talking avatar video (just for fun!)
- Use ChatGPT to solve a real-world problem

## Let's Get Started!

Turn the page (or scroll down) and let's begin your journey into the world of AI.

No wires, no code, no stress.

Just cool tools and creative ideas.

“The best way to learn is by doing, and we're going to do a lot!”



# Section 2: What Is AI? (Plain English)



## So... What Is AI?

Let's keep it simple. AI stands for "Artificial Intelligence." It's not a robot or a brain. It's more like a smart pattern machine. It looks at huge amounts of data and figures out what makes sense to say, draw, or do next.

Imagine AI as a really fast, tireless helper that learned from reading, watching, or hearing millions of examples... and now it's ready to help you create cool stuff.

## AI Isn't Magic—It's Math

When you ask an AI like ChatGPT a question, it doesn't "think." It predicts the best answer based on what it's seen before.

Same goes for image AIs like Midjourney or ComfyUI. You type in a prompt like "a dragon on a skateboard," and the AI builds an image by guessing what that would probably look like based on everything it learned.

## The Three AI Tools You'll Meet

We'll explore three powerful (but easy!) AI tools in this kit:

### 1. 🗨️ ChatGPT

- What it does: Answers questions, writes things, helps you brainstorm.
- Use it for: Emails, poems, lesson plans, recipes, you name it.

### 2. 🎨 Midjourney

- What it does: Creates beautiful images from short text prompts.
- Use it for: Art, posters, game characters, wallpapers.

### 3. 🗣️ HeyGen

- What it does: Turns text into a video with a talking, human-like avatar.
- Use it for: Fun intros, explainer videos, presentations.

# Quick Tool Comparison



Tool	What It Creates	Superpower	Account Needed
 ChatGPT	Words & Ideas	Writing anything from scratch	Yes (free)
 Midjourney	AI Art/Images	Turning text into stunning art	 Yes (via Discord)
 HeyGen	Talking Avatars	Brings text to life with faces	 Yes (free trial)

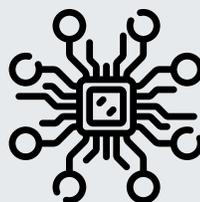

  


**No Coding. No Tech Headaches.**

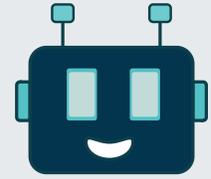


All of these tools work in your web browser. You won't need to download anything or learn programming. Just follow the steps and you'll see results faster than you think.

*Next up: let's find out what amazing things you can actually do with AI...*



# Section 3: What Can You Actually Do With AI?



## “So... what’s the point of all this AI stuff?”

Great question! You’ve probably heard the buzz about AI, but let’s break it down into real, everyday things you can actually use it for.

Starting right now.

AI isn’t just for tech people or big companies. It’s a tool you can use to save time, spark creativity, and have fun.

## Everyday Life Tasks

Here’s how AI can help in your daily routine:

- 📄 Summarize long articles so you don’t have to read every word
- 🍴 Get quick meal ideas based on what’s in your fridge
- ✍️ Write professional emails or polite responses in seconds
- 🛒 Make shopping lists or weekly meal plans
- 🗣️ Explain complex topics like you’re five years old

## Creative & Fun Projects

Feeling imaginative? AI is amazing at making ideas come to life:

- 🎭 Write short stories or poems
- 🧙♂️ Create fantasy characters or landscapes using Midjourney
- 📸 Turn selfies into anime-style portraits
- 🎨 Design your own tarot cards, memes, or stickers
- 🖼️ Make digital art for your wall or online shop



## Business & Work Help

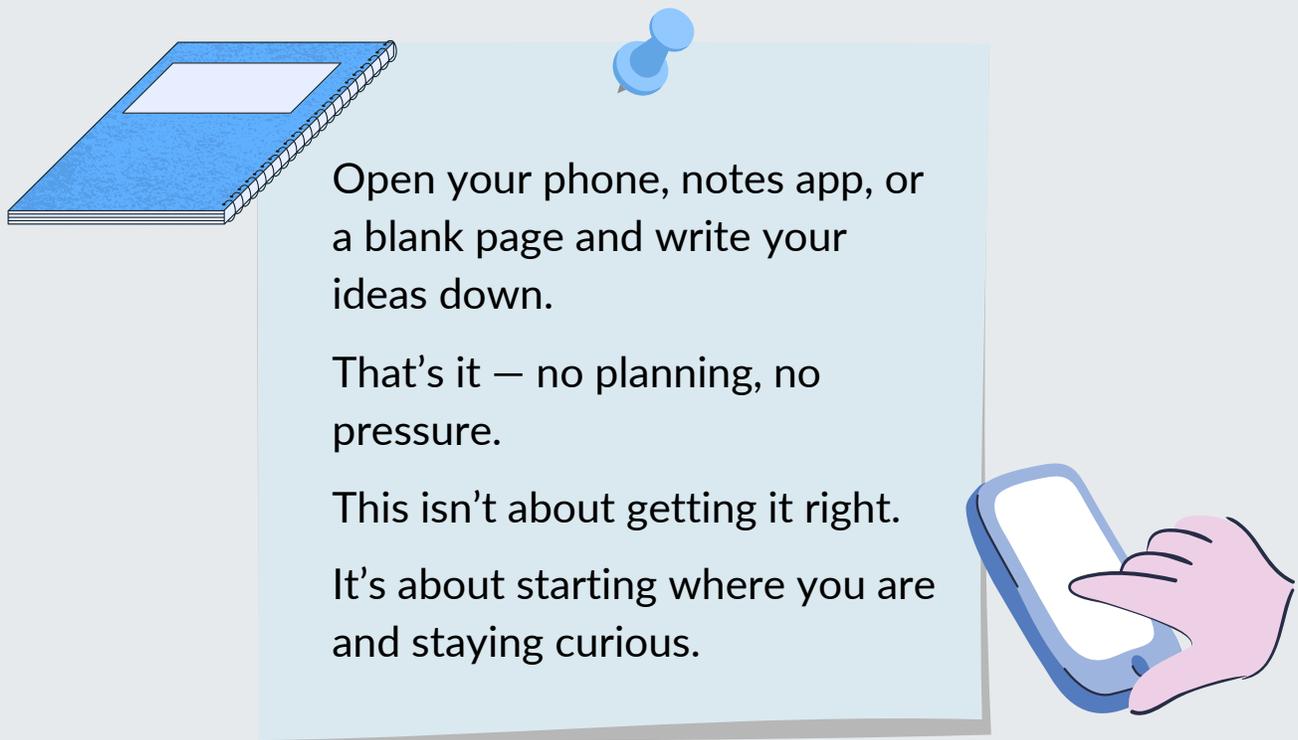


AI can be your behind-the-scenes assistant for work or side gigs:

- 📅 Plan events or content calendars
- 📄 Generate invoices or contracts
- ✨ Design product mockups (using ComfyUI or Midjourney)
- ✍️ Write blog posts or social media captions
- 🗣️ Make short explainer videos with a talking avatar (HeyGen)

### Mini Exercise: What Could You Use AI For?

Pause for a moment and choose one small way you'd like to experiment with AI this week.



Open your phone, notes app, or a blank page and write your ideas down.

That's it — no planning, no pressure.

This isn't about getting it right.

It's about starting where you are and staying curious.

*(No wrong answers here. Curiosity is all you need!)*



Next up, we'll look at three super simple AI tools you can try today, and how to use each one to get awesome results.

*Let's get hands-on. No experience needed.* 📌



## Section 4: The Easiest Tools to Start With

Welcome to the fun part!

In this section, you'll meet three powerful AI tools, and learn how to use them step-by-step. Each one is beginner-friendly and runs right in your browser.

Let's dive in.

### Tool #1: ChatGPT – Your AI Writing Assistant

#### What It Does:

ChatGPT is like a super-smart conversation partner. It writes emails, explains things, tells stories, solves problems, and more.

#### 💡 What You Can Use It For:

- Writing a birthday card or thank-you message
- Summarizing a long email
- Asking questions like, “What are 5 cheap dinner ideas?”
- Creating content like poems, scripts, or to-do lists

#### ✅ How to Try It:

1. Go to: <https://chat.openai.com>
2. Create a free account.
3. Type this into the chat box and press Enter:



“I want to learn about AI but I’m brand new to it. Can you explain it simply?”

 **Bonus Prompt Ideas:**

- “Write me a 3-day travel plan for Paris.”
- “Turn this list into a fun Instagram caption.”
- “Help me name a cozy coffee shop.”



## Tool #2: Midjourney – AI That Turns Words Into Art

### What It Does:

Midjourney creates stunning images from just a sentence or two. It runs inside the Discord app.

### What You Can Use It For:

- Fantasy characters, book covers, landscapes
- Product mockups, T-shirt ideas, wall art
- Cool profile pictures or social media content

### How to Try It:

1. Go to: <https://midjourney.com>
2. Click “Join the Beta” – this opens Discord.
3. Sign up or log in to Discord.
4. Go to one of the “newbie” channels.
5. Type this command (exactly like this):



/imagine prompt: a futuristic  
robot chef cooking pasta in  
space

Midjourney will create 4 image options in about 1 minute.

📌 *Tip: You'll need a paid plan after a limited free trial, but it's great to explore first!*



## Tool #3: HeyGen – Make a Talking AI Avatar

### What It Does:

HeyGen turns your typed script into a video with a realistic talking person. Great for intros, ads, or fun messages.

### 💡 What You Can Use It For:

- A personal video intro for your website or social platforms
- Teaching videos without being on camera
- AI-generated characters for storytelling

### ✅ How to Try It:

1. Visit: <https://www.heygen.com>
2. Create a free account.
3. Choose an avatar, type a short message like:



Hi, I'm Alex! I just started using AI and it's kind of awesome.

4. Choose a voice and click "Generate Video."

📌 *Note: Free accounts may limit how long your video can be. But it's enough to try it out!*

## Wrap-Up

Now you've been introduced to:

- ChatGPT for words and ideas
- Midjourney for creative AI art
- HeyGen for bringing your words to life with video

*Coming up next: we'll walk through some mini projects so you can see AI in action, and create something you'll actually use.*

## Section 5: Simple Starter Projects

Now that you've explored the tools, let's put them to use! These beginner-friendly projects are designed to take 10-15 minutes each and give you a real sense of what AI can do.

You don't need to do them all. Pick the one that excites you most, or try them all in one sitting. Let's get creating!

# You're Almost Ready!

Before jumping into your first mini project, make sure you've completed these quick setup steps. If you're still exploring, no worries, you can come back to this anytime!





## Toolkit Setup

Ready to go? Here's a checklist to make sure your AI tools are set up!

- Created a ChatGPT account
- Joined Midjourney Discord
- Made first AI image or text

*You did it—everything's ready for your AI adventures! 🚀*



## Mini Project 1: Plan Your Weekend with ChatGPT

### What You'll Do:



Use ChatGPT to help you plan a relaxing, fun, or productive weekend.

### ✓ Steps:

1. Go to <https://chat.openai.com>
2. Type this prompt into the chat box:

I have a free Saturday with a \$20 budget and no car. Can you plan a fun day for me?

3. Read the reply. Ask follow-up questions like:
  - “What can I do indoors if it rains?”
  - “Can you turn that into a checklist?”

 *Tip: Use this technique for meal planning, date nights, study sessions, or gift shopping too!*

## Mini Project 2: Make Your First AI Art with Midjourney

### What You'll Do:

Create a unique piece of AI-generated art from your imagination.



✓ Steps:

1. Go to <https://midjourney.com> and open Discord.
2. In a "newbie" channel, type:

/imagine prompt: a cozy reading nook in a treehouse at sunset, soft lighting, warm colors, detailed illustration

3. Wait 1 minute for your images.
4. Click "U" to upscale your favorite, or "V" to get more versions of it.

🎯 Try Your Own Prompt:

- A magical cat cafe in the clouds
- A vintage robot painting a landscape
- A futuristic city made of glass and water

📌 *Save your image and share it with friends!*

## Mini Project 3: Make a Talking AI Video with HeyGen

### What You'll Do:

Use HeyGen to turn a short message into a realistic video.

✓ Steps:

1. Visit <https://www.heygen.com>
2. Choose a free avatar and voice.
3. Type your message:

Hi! I'm learning AI for the first time today, and this talking video is powered by it!

4. Generate your video and watch it come to life.

🎬 *Great for making short social videos, business intros, or just having fun with AI.*

## Ready for More?



You've now:

- Used AI to plan a fun weekend
- Created your first piece of digital art
- Made a talking avatar video

🎉 That's a big step, and most people haven't done any of those things.

*Coming up next: let's talk about safety, myths, and the truth about AI.*



# Section 6: AI Myths, Ethics, and Safety



You've now created with AI. Awesome! But before you go any deeper, let's cover some important basics about safety, ethics, and clearing up the hype. No fear-mongering here, just facts, tips, and honest advice.

## Myth #1: "AI is going to take over everything?"

Nope. AI is powerful, but it's not magic. It doesn't think, feel, or create like a human. It works by recognizing patterns in huge amounts of data, not by understanding emotions, intentions, or truth.

Truth: AI is a tool. Just like a calculator, camera, or internet search. It's great at speeding things up, not replacing your brain.

## Myth #2: "AI knows everything!"

It really doesn't.

AI like ChatGPT can make mistakes or sound super confident even when it's wrong. Why? Because it's trained to predict text that sounds right, not to check facts.

### **Tip: Don't use AI for:**

- Legal advice
- Medical decisions
- Important financial choices
- *(Always fact-check! Always double-check!)*



## Myth #3: “AI is totally safe because it’s just software.”

AI can be misused, just like any tool.

That’s why you should follow a few common-sense safety rules:



### 🛡️ AI Safety Tips:

- Don’t share personal info (no addresses, phone numbers, or financial data)
- Avoid uploading sensitive photos
- Read the terms on any platform you use
- If something feels sketchy, close it out

## Using AI Ethically

AI can create amazing things, but it’s important to be thoughtful about how we use it.

Here’s how to keep it respectful and fair:

- Use AI to assist, not to cheat (e.g., learning vs. copying schoolwork)
- Give credit if you’re remixing AI-generated content
- Don’t use AI to impersonate people, spread false info, or deceive others
- Be transparent if you’re using AI in professional work

👉 *Good rule of thumb: If you’d be okay saying “I used AI to help with this,” you’re probably using it the right way.*



## You're in Control

AI doesn’t run your life. You do! Use it as a tool, a helper, or a creative sidekick. And when in doubt? Just ask it questions. You’re still the one behind the wheel.

***Next up: let’s talk about where you can go from here: free tools, next steps, and how to keep learning without overwhelm.***

# Section 7: What's Next?



🎉 You made it! You've learned what AI is, tried out three powerful tools, and even created your first AI art, message, and/or video. That puts you ahead of most people who are still just “thinking about trying AI someday.”

But you don't have to stop here.

This guide was just your first step. Now it's up to you to decide where you want to go next, whether it's having more fun, getting organized, creating personal projects, or learning more as you go.

Here are a few friendly paths to keep exploring:

## Path 1: Keep Exploring... Just for Fun

Want to stay curious and playful? Try using AI like a creative companion.

- 🎨 Make weekly Midjourney art based on favorite books or movies
  - 🗣️ Chat with ChatGPT about ideas, hobbies, or “what-if” questions
  - 🎁 Send fun birthday messages using HeyGen avatars
  - 🧩 Try new tools like Leonardo AI or Foocus (no Discord needed!)\*
- 📌 *Start simple: ask one fun question a day or create one AI image a week.*

## Path 2: Use AI to Stay Productive

You can use AI as a time-saver, brainstorm buddy, or planning tool in your everyday life. Even if you're not running a business.



*\*Information related to AI tools and platforms is subject to change. Updated details and expanded resources will be made available in future editions or companion materials.*

- ✍️ Draft blog posts, emails, or product descriptions
- 📸 Design visuals for social media, resumes, or Etsy shops
- 📅 Plan out weekly routines, meal ideas, or content calendars
- 💡 Use ChatGPT to generate creative ideas or names for projects



🗣️ *You don't need to be an expert, just someone who knows how to ask for help.*

## Path 3: Build Creative Confidence

Even if you don't think of yourself as “artistic,” AI tools can help unlock your imagination.

- 📖 Co-write short stories or children's books
- 🎨 Use Midjourney to illustrate characters or scenes
- 🎥 Make short explainer videos or voice messages with HeyGen
- 🎮 Create games, zines, or visual journals using AI-generated content

💬 *The more you explore, the more confident you'll feel creating something new.*

## Path 4: Grow Through AI (Mindfully)

AI can even support your personal growth, wellness, and learning.

- 📱 Use ChatGPT to journal your thoughts or set goals
- 📖 Summarize articles, books, or ideas you want to learn
- 🧘 Explore guided routines or calming visualizations
- 🗣️ Practice public speaking or languages using AI avatars

🔍 *Think of AI as a quiet support system—not to replace you, but to help you thrive.*



## **Transparency Notice**

This guide was created with the help of AI tools, including ChatGPT, Midjourney, Canva, and others featured in this kit.

These tools were used to generate ideas, write copy, and create visuals, always with human guidance, review, and intentional editing.

The goal is to demonstrate the practical use of AI for creativity, productivity, and learning. In the same way you're invited to explore them throughout this guide.

### **Disclaimer**

This content is for educational and informational purposes only. It does not constitute professional advice in areas such as business, health, law, or finance.

Always use your judgment and consult professionals when necessary.

All product names, logos, and brands mentioned are the property of their respective owners.

This guide is not affiliated with or endorsed by OpenAI, Midjourney, HeyGen, or other tools mentioned.



# AI Glossary

## for Beginners

Just a few helpful terms from this guide—no tech degree required!



### AI (Artificial Intelligence)

A computer program that can learn patterns and make things like text, images, or even videos. Think of it as your creative sidekick, not a robot overlord.



### Prompt

What you type into an AI tool to tell it what you want—like a question, command or idea. Example: “Write me a bedtime story about a flying turtle.”



### Avatar

A digital character (usually a person) that talks or moves like a real human. Tools like HeyGen let you create talking avatars from your words.



### ChatGPT

A type of AI that chats with you, answers questions, and writes stuff. Like a helpful assistant that never sleeps.



### Midjourney

An AI art tool that turns your words into cool images—run through the app Discord.



### Upscaling

A way to make AI-generated images larger, and clearer. Midjourney lets you upscale any image it creates.



### LLM (Large Language Model)

A fancy name for what ChatGPT is. It's trained on tons of text to generate human-like responses.



### Discord

An app where you can chat in groups. Midjourney works inside Discord—it's where you enter prompts and see your AI art appear.



***A quick reference for common AI words used in this guide. No tech-speak, just plain English!***