

drafts; you are the owner who approves. Nothing goes out under your name without your eyes on it.

Fear #4: “Can I even trust what it tells me?”

Good question — and the honest answer is: verify, don’t just trust. AI sometimes states things confidently that aren’t quite right. That doesn’t make it useless; it makes it like an eager intern. You’d never let an intern publish something without your review, and you won’t let AI either. Your wisdom remains the final authority. That’s not a flaw in the system — that’s the system working correctly, with you in charge.

Why the usual advice doesn’t help

Most AI advice sounds like this: “Here are 47 tools! Watch this 3-hour tutorial! Automate everything!” No wonder it feels overwhelming. That approach skips the human part entirely — your feelings, your pace, your business. We’re doing it differently here. We start with you, go slowly, and let the technology earn your trust one small win at a time.

Try This Today — 10 minutes with your notebook

At the top of a fresh page, write: “My honest feelings about AI.” Then finish these sentences without editing yourself: “What excites me about AI is...”, “What scares me about AI is...”, “The one thing I wish AI could do for my business is...”. There are no wrong answers. Tomorrow we’ll build on exactly what you wrote — your words, your pace.

You did the hardest part today: telling the truth about how you feel. Most people skip this step and wonder why the fear keeps coming back. You didn't skip it. Tomorrow, we build your foundation — five simple dimensions, each with one tiny, doable piece. Rest well, friend. You're already further than you think.

Day 2

Building Your AI-Ready Foundation

Five simple dimensions — no tech degree required

Yesterday we named the fears. Today we build the foundation that makes those fears smaller — not with a massive overhaul, but with five simple dimensions. Think of these like the legs of a sturdy table: you don't need them all perfect, but each one you strengthen makes everything steadier.

Dimension 1: Mindset — curiosity over fear

You don't need to love AI. You only need to be willing to be curious about it. Try swapping one sentence this week: instead of "I'm not a tech person," say "I'm learning one small tech skill." That single shift — from a fixed label to a learning posture — is the most powerful readiness factor there is. You've reinvented yourself before. This is just the newest version.

Dimension 2: One simple skill — writing a prompt

A “prompt” is just the instructions you type to AI. That’s it — it’s not code, it’s conversation. If you can tell a friend what you need (“I need a warm thank-you note for a customer who waited patiently”), you can write a prompt. One skill. Plain English. We’ll practice it together on Day 3.

Dimension 3: One tool — not ten

Here’s where most beginners go wrong: they sign up for six tools and master none. You need exactly one to start. The most beginner-friendly options are free and work right in your web browser — no downloads, no installations. Pick one, learn it well, and ignore the rest until you’re ready. (On Day 3, I’ll point you to a free starting place.)

Dimension 4: Tiny time — fifteen minutes

You don’t need an “AI hour” in your calendar. You need fifteen unhurried minutes, two or three times a week. That’s enough to draft a week of social captions, outline a newsletter, or brainstorm gift ideas for your customers. Small, consistent time beats occasional marathons — just like it does with everything else in life.

Dimension 5: Trusted support — don’t go alone

Everything is easier with a sister beside you. Whether it’s our Grandmas In Business™ community, a business friend, or a grandchild who can sit with you the first time —

having one person to ask “am I doing this right?” removes half the fear. You were never meant to figure everything out alone.

Try This Today — your foundation check

In your notebook, write the five dimensions: Mindset, One Skill, One Tool, Tiny Time, Trusted Support. Put a star next to the one where you’re already strongest, and a circle around the one that feels weakest. Your weakest one is simply your starting line — not a verdict. Write one sentence: “This week, I’ll strengthen my foundation by....”

Notice what we did today: no downloads, no accounts, no overwhelm. Just an honest look at where you stand and one small commitment. Foundations aren’t built in a day, but they are built one deliberate brick at a time. Tomorrow is the fun part — your gentle toolkit, including your very first conversation with AI. Bring your curiosity.

Day 3

Your Gentle AI Toolkit

Reframes, safe first experiments, and your first conversation

Today you meet AI face to face — gently, on your terms. Before we do, let's pack your toolkit: a few mindset reframes to carry with you, and some safe, small experiments where nothing can go wrong.

Three reframes to carry with you

- “AI is my helper, not my replacement.” Say it until you believe it. Helpers don't threaten the owner — they free her up for the work only she can do.
- “I bring the wisdom; AI brings the speed.” Your stories, your values, your discernment — those are the ingredients. AI just stirs the pot faster.
- “Done is better than perfect, and I'm the editor.” AI's first draft is a starting point, not a finished product. Your eye for what sounds like you is the final step — and it always will be.

Safe first experiments (nothing can break)

Here are three experiments with zero risk. Nothing gets published, nothing gets sent, nothing costs money:

1. Ask AI for five warm caption ideas for a photo of your product. Pick the one you like best — or laugh at the worst one. Both are wins.
2. Paste a paragraph you wrote and ask: “Make this sound warmer, like I’m talking to a friend.” Compare the two versions and notice what changed.
3. Ask: “Give me five gift ideas under \$25 for a loyal customer.” Notice how fast ideas appear — then add your personal touch to the best one.

How to talk to AI (it’s just conversation)

Forget everything you imagine about “programming.” Talking to AI is like briefing a bright, eager assistant who knows nothing about your business yet. The secret is context: tell it who you are, who you’re talking to, and what tone you want.

Compare these two prompts:

Weak: “Write a post about my candles.”

Strong: “I’m a 62-year-old grandmother who sells handmade soy candles at craft fairs. Write a warm, friendly Facebook post — like I’m chatting with a neighbor — about my new vanilla-honey scent. Keep it under 80 words.”

See the difference? The second one gives AI your voice, your customer, and your boundaries. The more you tell it, the more it sounds like you. And here’s the beautiful part: if you don’t like the answer, you just say “try again,

warmer” or “shorter, please.” It never gets tired. It never judges.

Questions you’re allowed to ask

There are no dumb questions here — only unasked ones. You are allowed to ask AI to explain things simply (“explain this like I’m brand new”), to redo anything (“that’s too formal, make it friendlier”), and to teach you (“walk me through this step by step”). Treating AI like a patient tutor is not a beginner move — it’s how smart people learn anything new.

Where to have your first conversation

For your first conversation, use any free AI chat tool in your web browser — the most well-known one is free to start and needs no download. Open it, create a free account with your email, and you’ll see an empty box. That box is your doorway. Type into it the way you’d talk to me right now.

Try This Today — your first 5-minute conversation

Open a free AI chat tool and type this exact prompt, filling in your own details: “I run a small business selling [your product or service]. My customers are [who they are]. Suggest 5 friendly social media caption ideas I could use this week. Keep the tone warm and conversational.” Read what comes back. Star anything you like. Then type: “Make number 2 funnier.” Watch what happens. Congratulations

— you just directed AI. Write in your notebook: how did that feel?

How did it feel? A little strange, maybe. A little exciting, hopefully. Whatever you felt is valid — and here's what I know: the second conversation is always easier than the first. You've broken the seal. Tomorrow, we turn these single experiments into a simple weekly rhythm — your first week, step by step.

Day 4

Your First Week, Step by Step

A gentle five-day rhythm — fifteen minutes at a time

You've met AI. You've had a conversation. Now let's give it a rhythm — a simple, repeatable weekly pattern that turns "I tried AI once" into "AI is part of how I work." Each step takes about fifteen minutes. Do them in order, skip nothing, and don't aim for perfect.

Monday — Say hello with purpose

Ask AI to help you plan your week: "I run [your business]. Help me plan three social media posts for this week — one about my product, one helpful tip for my customers, and one personal story. Give me a one-sentence idea for each." You now have a content plan in under five minutes.

Tuesday — Draft one post

Take Monday's best idea and say: "Write a draft of that post in my voice — warm, friendly, like talking to a neighbor. Under 100 words." Read it, tweak two or three words to sound more like you, and save it. That's your Wednesday post, done.

Wednesday — Tame your inbox



GRANDMAS IN BUSINESS™

Overcome AI Resistance



Your 5-Day Gentle Path from “AI Scares
Me” to “AI Helps Me”

Dr. Sheila R. Smith, PhD

meetdrsheila.com

Find one email you've been putting off — a thank-you, a follow-up, a gentle reminder. Paste it (remove any private details first) and ask: "Help me rewrite this to sound warm but professional." Your draft comes back in seconds. You edit, you send. Forty-five minutes becomes ten.

Thursday — Brainstorm like you have a team

Ask: "I sell [your product]. Give me five ideas for a small seasonal promotion I could run next month, keeping costs low." You'll get ideas you'd never have thought of alone — and your wisdom will instantly spot which ones fit your customers. That combination — AI's breadth plus your discernment — is the whole game.

Friday — Review and celebrate

Look back at your week. What did AI help you do faster? What still needs your personal touch? Write both lists in your notebook. Then ask AI: "Based on what worked this week, suggest a simple routine for me to use AI for 15 minutes, three times a week." You've just built your ongoing rhythm.

When it sounds robotic (troubleshooting)

Sooner or later, AI will give you something that sounds stiff or generic. Don't conclude "this doesn't work for me." Just coach it the way you'd coach a person:

- "Make it warmer — like I'm talking to a friend over coffee."

- “Shorter, please — half the length.”
- “That’s too formal. Use simple, everyday words.”
- “Add a touch of humor, but keep it classy.”
- “Start over and write it the way a grandmother would say it.”

Two or three rounds of this kind of coaching, and the draft starts sounding remarkably like you. Remember: you are the editor. The first draft is raw material; your voice is the finish.

A word about privacy

Use common sense, the same you’d use with any assistant: don’t paste in customers’ private information, financial account numbers, or passwords. Business ideas, marketing drafts, and general questions are perfectly fine. When in doubt, leave it out — you can always describe the situation without the sensitive details.

Try This Today — do today’s micro-step

Look at what day it is and do just that day’s step from the rhythm above — only fifteen minutes. If it’s the weekend, do Monday’s step to get ahead. Write in your notebook: what did AI do for you today, and what did you add that only you could?

One week from now, you’ll have a content plan, drafted posts, tamed emails, fresh promotion ideas, and a rhythm that fits your life. Not because you became a tech expert —

*but because a wise woman learned to direct a willing helper.
Tomorrow, we talk about who you're becoming: the AI-
confident grandma other women will ask for help.*

Day 5

Becoming the AI-Confident Grandma

Own it, share it, and keep your boundaries

Take a breath and look back: five days ago, AI felt intimidating. Today you've named your fears, built your foundation, held your first conversation, and walked through a full week's rhythm. You didn't just learn about AI — you changed your relationship with it. That deserves a moment.

Owning your new skill

Here's something I've watched happen again and again: the woman who was most nervous on Day 1 becomes the one other women ask for help on Day 30. Not because she knows everything — but because she remembers what it felt like to be scared, and she can say, "I felt that too, and here's the first tiny step I took." Your beginner's story is about to become someone else's permission slip.

Teach one woman what you learned

The fastest way to lock in a new skill is to teach it. This week, show one friend — a business sister, a daughter, a grandchild — how to have their first five-minute AI conversation using the prompt from Day 3. You don't need

to be an expert to be a guide. You just need to be one step ahead, with a warm hand extended back.

Healthy boundaries for the road ahead

- AI suggests; you decide. Nothing goes out under your name without your review. Ever.
- AI doesn't replace your faith, your prayer, or your discernment. Big decisions still get prayed over — AI just helps with the homework.
- AI doesn't replace relationships. A handwritten note still beats an AI-drafted one for the moments that matter most. Use AI for the routine; save yourself for the sacred.
- Keep learning in small sips. Fifteen minutes, a few times a week, will keep you current without overwhelming you. You're running a business, not attending tech school.

Your ongoing rhythm

Here's the simple rhythm to carry forward: three times a week, fifteen minutes, one task. Monday plans, Wednesday drafts, Friday reviews — or whatever days fit your life. When you notice a task that feels tedious or that blank-page dread creeps in, ask yourself: "Could my helper take a first pass at this?" If yes, let it. Then add the one thing it can never add: you.

Try This Today — write your declaration

In your notebook, finish this sentence in your own words: “I am a woman who...” Maybe: “...is learning to use AI with wisdom and confidence.” Maybe: “...lets modern tools serve her timeless purpose.” Sign it and date it. This is your Day 5 milestone — the day hesitation turned into confidence.

Sister, I am so proud of you. You did what most people never do: you walked toward the thing that scared you, one small step at a time. Carry that courage into every new thing that comes — because in business and in life, the willingness to learn is worth more than any tool. And you, my friend, have proven you have it.

A Prayer for the Journey

“Lord, thank You for the wisdom You’ve given me through every season of my life. As I learn new tools, calm my fears and sharpen my discernment. Help me use every resource — old and new — to serve others well and bring You glory. Remind me that my worth was settled long before any technology existed, and my purpose is bigger than any task. Give me courage to learn, humility to ask for help, and joy in the work You’ve given me. Amen.”

Carry this prayer into your workweek. New tools come and go — but the One who guides your business never changes.

Your Next Step

Five days is a beautiful beginning — and beginnings are meant to grow. If you're ready to go deeper, Grandmas In Business™ created AI Training for Women™ exactly for you: beginner-friendly, jargon-free training that takes you from curious to confident with AI across your whole business — content, marketing, organization, and more.

You'll find it, along with workshops, tools, and a community of women walking the same road, at:

grandmasinbusiness.com

Come as you are. Bring your questions. We'll take the next steps together — one small, confident step at a time.

About Grandmas In Business™



Grandmas In Business™ is the online magazine and community where women 40+ prove ambition is ageless. Founded by Dr. Sheila R. Smith, PhD — certified in Generative AI by Amazon Web Services (Amazon Bedrock) and Google (AI Essentials), with certifications in AI prompting, AI productivity tools, and responsible AI — we make artificial intelligence simple, practical, and jargon-free for women in business. Through AI Training for Women™, The Signature Season Reset™, The Legacy Builder Masterclass™, and a shop full of tools and resources, we help grandmas (and honorary grandmas) put real AI skills to work with wisdom, faith, and modern know-how.

About the Author

Dr. Sheila R. Smith, PhD is a faith-driven transformational coach, consultant, and the Founder of Grandmas In Business™. She helps women 40+ build thriving businesses with wisdom, faith, and modern know-how — proving every day that ambition is ageless.

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GRANDMAS IN BUSINESS™

Overcome AI Resistance

*Your 5-Day Gentle Path from “AI Scares Me” to
“AI Helps Me”*

Dr. Sheila R. Smith, PhD

Founder, Grandmas In Business™

Overcome AI Resistance

Your 5-Day Gentle Path from “AI Scares Me” to “AI Helps Me”

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Written by Dr. Sheila R. Smith, PhD, Founder of Grandmas In Business™.

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This guide is for educational purposes. Results vary with effort and consistency — the steps work when you work them.

grandmasinbusiness.com

meetdrsheila.com

A Note from Dr. Sheila

Dear Friend,

Let me guess what brought you here. Somewhere along the way — maybe at a conference, maybe from your grandkids, maybe from another business owner — you heard that artificial intelligence could save you hours every week. And instead of feeling excited, your stomach tightened a little.

“That’s for young people.” “I’m not technical.” “What if I break something?” “What if it replaces what makes my business mine?”

If any of that sounds familiar, I want you to hear me clearly: there is nothing wrong with you. What you are feeling has a name, it is deeply human, and some of the smartest, most successful women I know felt exactly the same way before AI became one of their favorite business helpers.

Here is what I believe about you: you have decades of wisdom, relationships, and life experience that no machine will ever replace. AI cannot pray with a customer. It cannot remember the story behind your grandmother’s recipe. It cannot look a woman in the eye and know exactly what she needs to hear. That is your territory — and it always will be.

What AI can do is handle the tedious parts: the blank page staring back at you, the email that takes forty-five minutes to word just right, the social media captions you keep putting off. Think of it the way you'd think of a helpful assistant — one who never sleeps, never judges, and never minds when you ask the same question twice.

Over the next five days, I'm going to walk with you — gently, step by step — from hesitation to confidence. No jargon. No pressure. Just honest conversation and small, doable steps. By Day 5, you won't be an AI expert, and you don't need to be. You'll be something better: a wise woman who knows how to make a modern tool serve her purpose.

Grab a notebook and a cup of something warm. Let's begin.

With belief in you,

Dr. Sheila R. Smith, PhD

How to Use This Guide

This guide is designed as a gentle five-day journey. Each day takes about twenty to thirty minutes — reading plus one small action step.

- Read one day at a time. Let each lesson settle before moving on.
- Do the “Try This Today” step every day. Reading without doing is like buying groceries and never cooking — the nourishment is in the practice.
- Keep a notebook nearby. You’ll be asked to jot down thoughts, and those notes become your personal AI playbook.
- There are no grades and no dumb questions. If something confuses you, that’s information — write it down and bring it to our community.
- You do not need any special software to start. On Day 3 I’ll show you exactly where to go for your first five-minute conversation with AI, free.

One promise before we start: I will never talk down to you, and I will never drown you in tech-speak. If I use a term you might not know, I’ll explain it in plain English the first time. Deal?

Deal. Let’s go to Day 1.

Day 1

The Real Reason AI Feels Scary

And why it's not your fault

Here's something that might surprise you: the biggest barrier between you and AI has almost nothing to do with technology. Researchers who study how people adopt new tools keep finding the same thing — the resistance is emotional, not technical. It lives in the heart before it ever lives in the computer.

Once you can name what you're feeling, it loses much of its power. So let's name the four fears honestly. See which ones sound like you.

Fear #1: “If AI can do what I do, do I still matter?”

Psychologists call this identity threat — the quiet worry that a tool might erase what makes you valuable. For a woman who has built a business on her personal touch, her story, her relationships, this fear makes complete sense. Your business is personal. Of course the idea of a machine stepping into it feels threatening.

Here's the truth: AI can generate words, but it cannot generate you. It doesn't know why you started your

business. It hasn't sat with a customer who cried in your kitchen. It has no testimony, no calling, no lived wisdom. Your identity was never in the tasks — it's in the meaning behind them. AI can help with the tasks. The meaning stays yours.

Fear #2: "I'll look foolish if I can't figure it out."

This is competence anxiety, and it is incredibly common. More than half of working adults admit they worry about looking replaceable or incompetent around AI. Here's what I want you to know: every single person using AI today once stared at that empty box not knowing what to type. Every one of them typed something awkward the first time. The women who look confident now simply gave themselves permission to be beginners in private.

You do not need to perform competence. You only need to practice curiosity.

Fear #3: "Am I handing over my judgment to a machine?"

This is about control — and it's a healthy instinct, not a weakness. You've built your business on good judgment, and the idea of surrendering decisions to an algorithm should give you pause. So here's the boundary that changes everything: AI suggests, you decide. Always. You are the boss in this relationship. AI is the assistant who