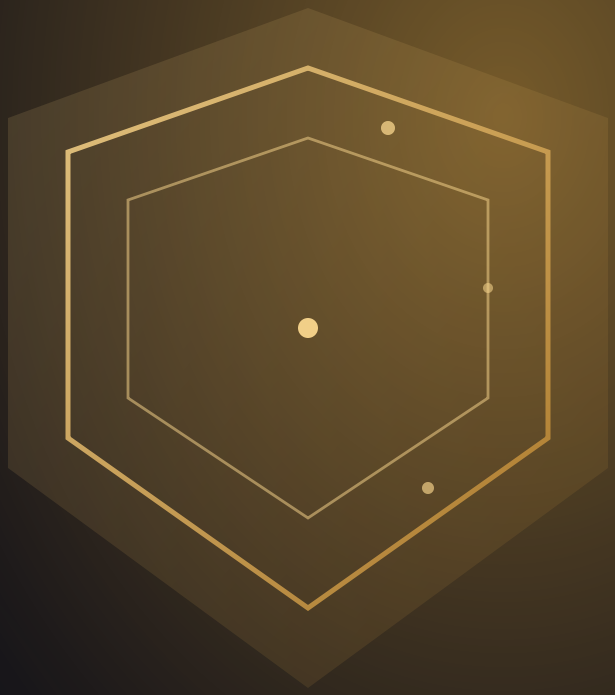

A COMPANION TO YOUR AI JOB EXPOSURE ASSESSMENT

From Exposed to Protected

7 Steps to Take Before AI Disrupts Your Job

Dr. Steve Everett, M.D. — Founder & CEO, SmartKonnect.ai

BEFORE YOU START

A Quick, Honest Welcome

You just took the 60-second AI Job Exposure Assessment — which means some part of you is already paying attention to something most people are choosing not to look at. That counts for something. This guide is the next seven steps.

A few things you should know going in. This is not a book about how AI is going to ruin everything. It's not built on hype, countdowns, or promises about what you'll earn. I don't know your situation well enough to promise you anything — and I wouldn't trust anyone who did.

What I can offer is a clear, honest walk through seven steps: understanding what your exposure score actually means, seeing what's really happening in the job market right now, and building a real, minimum-viable plan — one you could start this week, not "someday."

This should take you about fifteen minutes to read. Let's start with your score.

SE

Dr. Steve Everett, M.D.
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STEP 01

What Your Score Actually Means

Your assessment score is a signal, not a sentence. It's built from a handful of honest questions about the kind of work you do — how repetitive, how structured, how data-driven it is — because those are the traits that currently make a task easier for AI tools to take on. A score is a starting point for a plan. It is not a countdown clock, and it isn't a verdict on your value or your career.

Low Exposure
Judgment, relationship, or highly unstructured work

Moderate Exposure
Mixed — some tasks are automatable, others aren't

High Exposure
Repetitive, structured, or data-driven core tasks

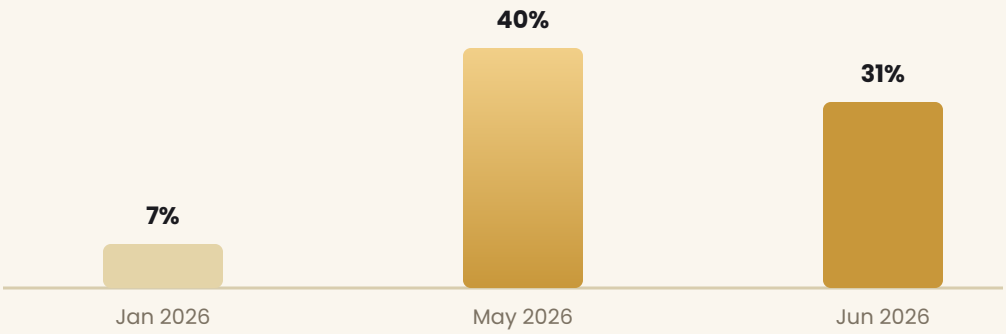
The honest reframe

A high score doesn't mean you're about to lose your job. It means the case for building a second income stream is stronger for you than for someone with a low score — and that's genuinely useful information, not a reason to panic.

STEP 02

The Signs Your Job Is Already Changing

This isn't speculation about some distant future. Here's what the tracked data actually shows about U.S. layoffs cited to AI over recent months:



Share of all U.S. job cuts publicly cited to AI, by month

Source: Challenger, Gray & Christmas. May 2026 alone accounted for 38,579 U.S. job cuts cited to AI; AI remained the top-cited reason for layoffs for four straight months through June 2026 (14,029 cuts that month).

Separately, the World Economic Forum's 2025 Future of Jobs Report found that 41% of employers globally — and 48% of U.S. employers — plan workforce reductions due to AI automation, and 86% expect AI to transform their business by 2030.

You don't need a company-wide layoff to feel this. Watch for: hiring freezes on roles you'd normally backfill, "AI-first" language creeping into internal memos, and entry-level tasks quietly disappearing from job postings. None of these are proof of anything on their own — together, they're a pattern worth taking seriously.

STEP 03

Why "Wait and See" Is the Riskiest Plan

Waiting feels responsible. It feels like the careful choice. But "wait and see" isn't actually a neutral position — it's a bet that nothing changes before you're ready. Here's the honest math on both sides.

Why waiting feels safe

- Nothing has visibly gone wrong yet
- Starting something new feels like extra risk on top of an already uncertain time
- Research feels like progress

What it actually costs

- You start from zero exactly when you have the least time and highest stress
- A second income stream takes weeks to build momentum — that time isn't available after a layoff
- "Someday" has no natural trigger — it rarely arrives on its own

This isn't a countdown. There's no deadline manufactured here to pressure you. It's simply this: starting small now, while you still have a paycheck and some breathing room, is a fundamentally different position than starting from scratch after you don't.

STEP 04

The 4 Lanes of AI-Powered Income

There isn't one "AI side hustle." There's a real range of approaches, and the right one depends entirely on your skills, your schedule, and what you actually enjoy doing. Here's the honest overview of the four broad lanes:

1. Freelance Services

Using AI tools to deliver client work faster — writing, social media management, design, video, virtual assistance — and getting paid for the output.

2. Digital Products

Building something once — an ebook, template, or toolkit — with AI assisting the creation, then selling it repeatedly with no inventory or shipping.

3. Content & Creator Economy

Newsletters, channels, and audiences built with AI-assisted production, monetized through subscriptions, sponsorships, or ad revenue over time.

4. AI Automation & Consulting

Helping other businesses set up the AI tools and automations they don't have time to figure out themselves.

A quick honesty check

None of these four lanes are passive, instant, or guaranteed. Every one of them takes real effort to get moving. What they have in common is a low starting cost and a genuine path to real income if you stick with one long enough to see it work.

STEP 05

How to Choose the Right Lane for Your Life

The biggest mistake people make here isn't picking the "wrong" lane — it's trying to explore all four at once. That produces four vague impressions and zero momentum. Run each lane through these four honest filters, then commit to the one that scores best:

1. **Skill fit** — Does this build on something you already do, even loosely? You need a head start, not expertise.
2. **Time available** — Be honest about your real weekly hours, not your ideal ones. A realistic 3-hour lane beats an ambitious 15-hour one you'll abandon.
3. **Speed to first dollar** — Freelance services tend to pay fastest. Digital products and creator-economy lanes take longer to build momentum, but can compound further.
4. **Genuine interest** — You're far more likely to stick with something for the weeks it takes to see results if you don't dread doing it.

The one-method rule: Pick one lane. Not two, not "a bit of everything." Depth on one path this month will get you further than a shallow start on four.

STEP 06

The 7-Day Minimum Viable Start

Once you've picked a lane, here's a realistic, non-overwhelming first week. This isn't about finishing — it's about starting.

DAY	FOCUS
1	Write a one-paragraph description of who you'd help and what problem you'd solve.
2	List your transferable skills — the ones you already have, even loosely related.
3	Find 3 real examples of people already doing something similar. Study what they offer.
4	Set up the minimum tools you need — nothing fancy, just enough to produce one sample.
5	Create one real sample of your work, using AI to help you move faster.
6	Show that sample to one real person and ask for honest feedback.
7	Take one real action: post it, pitch it, or offer it to someone. No more research.

Before you start: the one-sentence scam test

If an opportunity requires you to pay money before you earn any, and has no verifiable track record you can check independently — it's a scam. Trust that sentence, every time.

07

STEP 07

Your Next 30 / 60 / 90 Days

Your 7-day start builds momentum. Here's the honest shape of what comes after it — not a guarantee, just a realistic arc for someone who keeps showing up.

30 DAYS You've taken your first real action and adjusted based on feedback. You know whether this lane is a fit — and if it's not, you pivot early, having lost almost nothing.

60 DAYS You've repeated the process enough times to have a real system, not just a one-off attempt. Early feedback loops are in place.

90 DAYS You have something real: either your first income, or clear, specific evidence about what to change. Either outcome puts you ahead of where you started.

That's the honest version of the timeline. Everything in this guide gets you started. What comes next is choosing your one method, in detail — and that's exactly where the full guide picks up.

YOU'VE FINISHED THE 7 STEPS

You Don't Need All 21 Ways. You Need One.

This guide walked you through the mindset and the framework. The full guide, *21 Realistic Ways to Make an Extra $1,500–$4,000 Per Month With AI From Home (Without Getting Scammed)*, is where you go deep on one specific method: real tools, real workflows, honest income ranges, and the exact scams to avoid in that lane — plus the full 7-day action framework built out in detail.

21 Methods
Across freelance services, digital products, creator economy, and automation

Scam Warnings
A dedicated warning and honest income range for every single method

Action Framework
A full "outline to income" section to help you actually start

Get the Full 21-Way Guide — $27 →

No income guarantees — individual results vary based on effort, market conditions, and the method chosen.



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