

7 Practical AI Projects for Retired Professionals

A one-page starting guide from The Practical Retiree Lab. The purpose is not to make AI mysterious. The purpose is to turn it into a useful assistant for careful, experienced people.

How to use this guide

Pick one project, open ChatGPT or another AI assistant, and ask for a first draft or first analysis. Then use your own judgment. AI is useful, but it is not a substitute for expertise, privacy, or common sense.

The seven projects

- **Check a suspicious message.** Paste the non-private parts of an email or text and ask AI to identify pressure tactics, fake urgency, links, and requests for money or passwords.
- **Judge whether a Kindle book is slop.** Paste the description, sample pages, and table of contents. Ask AI to look for filler, fake expertise, repetitive chapters, and vague promises.
- **Clean up a spreadsheet plan.** Describe the spreadsheet you want and ask AI for column headings, formulas, and a simple quality-control checklist.
- **Turn experience into writing.** Ask AI to interview you about a career story, organize the notes, and make a draft while preserving your voice.
- **Plan a small website.** Ask for a simple homepage structure, book page structure, and reader question page before worrying about colors or technology.
- **Compare claims.** Paste two competing explanations and ask AI what evidence would help decide between them.
- **Make a decision checklist.** Ask AI to turn a complex choice into risks, assumptions, questions, and next actions.

A safe prompt to start

"Act as a careful assistant. Help me think through this, but do not assume the claim is true. Separate facts, assumptions, risks, and next steps. Ask what evidence would change the conclusion."

A practical rule

Use AI for drafts, organization, comparison, and skepticism. Do not paste passwords, account numbers, full medical records, Social Security numbers, or private financial details.

Read the related book: AI for Retired Professionals. Website: <https://practicalretireelab.com/ai-retired-professionals/> | Amazon: <https://www.amazon.com/dp/B0H6VVPQ8Y>