Unlocking the Power of Generative AI

Eben's Chat Shares

Losing credibility as an instructional designer. => Made an e-learning, but didn't improve performance. => Works WORSE. No one wants to work with them, someone outside gets hired.

Recommended Book:

Ogilvy on Advertising - David Ogilvy

Coaching Gym Prompt:

Write down what is the most important thing in your life right now.

Quick recap

Eben introduced the upgrade program's first class on prompting and generative AI, emphasizing the importance of OpenAI's technology. He conducted a survey to assess the group's familiarity with generative AI and stressed the need for daily usage to make the process more intuitive. Eben highlighted the power and potential of generative AI, its ability to generate novel ideas and knowledge, and the need for people to understand and utilize it effectively.

Summary

Upgrade Program Initiation and AI Learning Instructions

Eben initiated the first class of the upgrade program, focusing on prompting and generative AI. He gave instructions to the participants to enhance their learning experience and stressed the importance of using OpenAI's technology. Eben also conducted a survey to understand the group's familiarity with generative AI. He then moved on to discuss the upgrade program, emphasizing the importance of watching one session daily and completing three prompts, as daily usage would make the process more intuitive and establish it as a habit.

Exploring AI's Power and Potential

Eben discussed the power and potential of generative AI, emphasizing that it offers unimaginable intelligence and knowledge that surpasses human abilities. He stressed the importance of approaching AI with the right mindset and attitude and shared his experiences using AI in his own startups. Eben noted that AI is growing exponentially and will shape the future, suggesting that people must prepare for its rapid development. He warned of a potentially challenging transition due to AI's exponential growth. Eben also encouraged attendees to explore the possibilities of AI, avoiding the mistake of treating it like another tool or technology.

New Technology's Potential and Challenges

Eben discussed the potential and capabilities of a new technology, emphasizing its ability to generate novel ideas and knowledge. He warned against limiting its use to specific areas, such as recipe creation, and encouraged exploring its wider applications. Eben also highlighted the technology's high IQ and rapid speed, suggesting it could revolutionize various fields, including language, electricity, the internet, biology, and even life itself. He predicted its potential to transform every atom on the planet into a 3D computing substrate, and to eventually expand beyond the planet. Eben stressed the need for people to understand and utilize this technology effectively, to be prepared for the challenges and opportunities it presents in the future.

Mobile App Chat Gpt: Enhancing Communication With AI

Eben discussed the advantages of using a mobile app called Chat Gpt, emphasizing its convenience and user-friendly interface. He highlighted the significance of using generative AI with humility and appreciation, prompting users to ask better questions and use it for higher-level tasks. Eben also stressed the importance of effective prompting, which involves clear and intentional communication. He suggested that applying these lessons in interactions with others could lead to improved communication and better results.

Website Design, Kids' Tidying, AI Potential, Italian-Japanese Fusion, Recipe Creativity

Eben discussed the significance of clear calls-to-action in website design, emphasizing the impact of a clear 'register' button on sales. He also shared insights on motivating children to tidy their rooms, stressing the importance of patience and specific instructions. Eben then shifted the discussion toward the potential of Generative AI,

highlighting its ability to produce exceptional results and learn from feedback. He demonstrated an experiment using this technology and invited others to participate. Furthermore, Eben discussed Italian and Japanese fusion recipes, particularly those that are vegan and include eggplant. He managed to use Chat GPT to generate a recipe for a vegan Italian Japanese fusion dish, eggplant miso Parmesana and emphasized the creativity and flexibility of the recipe design tool. The discussion concluded with Eben suggesting another dish that could be created using the tool.

Generative AI and Proverbs: Designing Personalized Experiences

Eben discussed the concept of generative AI and its ability to cater to individual preferences using a dinner party analogy. He stressed the importance of using proverbs to instruct AI more effectively and highlighted the concept of 'designer recipes' where AI can be asked to design a recipe based on specific preferences. Eben also discussed the importance of using specific prompts when interacting with an intelligent system, such as when generating titles for a book on weight loss. He emphasized that interacting with the system can be a learning experience and advised starting with a proverb or defining the task clearly, and being specific about what you want the system to do.

Digital Intelligence and Life Priorities

Eben led a discussion where participants were assigned to write down the most important things in their lives and discuss them with others in breakout rooms. The goal was to prompt individuals regularly about the most important things in their lives. Eben also shared his belief that most people are not fully utilizing their digital intelligence, and he encouraged participants to use a tool called Chat GPT for tasks such as drafting emails or creating legal contracts. Eben suggested that users check in with Chat GPT randomly throughout the day and promised to discuss this tool more in upcoming classes.