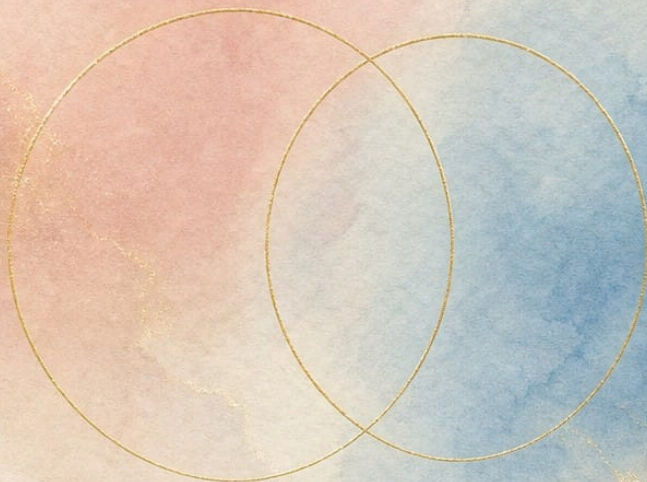


A FREE GUIDE FROM THE MYSELF + AI-SELF MOVEMENT



Meet Your AI-Self

A 7-day starter guide for women who build

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NURAFIFAH.COM

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This guide is free. You are welcome to share it, whole and unchanged, with any woman who would enjoy it.

AI tools change quickly. The tool names and free versions in this guide were correct in October 2026. Always check a tool's own terms before you use it for work.

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Why I wrote this for you

Assalamualaikum, and hello.

I am Nura. I am Managing Partner of Prima Nexus, a life-science company in Malaysia, and Director of Neo Nexon, a genomics and DNA wellness testing company. Most of my team are women. I am not a programmer. I am a relationship builder, and I love to see people grow.

In early 2026 I started to try AI. I had no clear plan, so I got very little from it. In the middle of the year I ran an AI bootcamp for my whole team. It cost us money and gave us little back. That was an expensive lesson: tools alone do not change how you work.

So we changed our approach. We started small, with real tasks from our own work. Step by step, my team moved from simple chat tools to building with an AI coding helper. We rebuilt our company website. We built portals where our staff and clients log in. Today, many small AI helpers do routine work for us on a schedule.

I wrote this guide so you can start where we should have started: small, steady and safe. Fifteen minutes a day, for seven days.

You do not need anyone's permission to begin. You only need a little time, and the courage to try.

With love and respect,

Nura

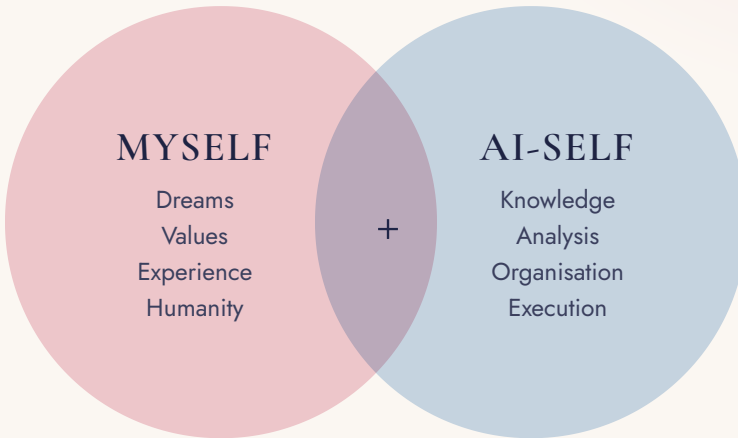
NUR AFIFAH SAMSUDDIN



Nura at the APHM International Healthcare Conference and Exhibition, Kuala Lumpur, 2026

Myself + AI-Self

Every woman deserves an intelligence partner that helps her think, create, decide and grow.



Your AI-self brings knowledge, analysis and organisation. You bring your dreams, your values, your experience and your care for people. Together, you go further than either of you could alone.

AN AI-SELF HELPS YOU



THINK



PLAN



LEARN



CREATE



DECIDE



REMEMBER



EXECUTE

Not to replace her. To empower her.

What an AI-self is, and what it is not

An AI-self is an AI assistant that you set up to know you: your roles, your goals and the way you like to work. You talk to it in everyday words, the way you would talk to a capable assistant.

It is

- ✓ A thinking partner that asks you good questions
- ✓ A quick first draft for messages, posts and plans
- ✓ A patient teacher, at any hour
- ✓ An organiser for your week, your notes and your ideas
- ✓ A helper that becomes more useful as you shape it

It is not

- ✗ A replacement for your judgement
- ✗ A replacement for your values or your faith
- ✗ A replacement for your relationships
- ✗ Always right: it can make mistakes
- ✗ A safe place for private data

You remain the decision-maker. Your AI-self drafts. You decide.

Is using AI cheating?

No. It is like using a calculator, a template or advice from a mentor. The work is yours when the thinking, the choices and the care are yours. When it matters, for example with a client, be open about how you work.

Fifteen minutes a day, for seven days

Each day has one aim, a 15-minute practice, prompts you can copy, and a short reflection. You do not need any technical background.



Choose one AI assistant you trust

For example ChatGPT, Claude, Gemini or Microsoft Copilot. The free versions are enough to start. Use the same one all week, so the habit can grow.



Copy, change, send

A prompt is the message you type to the AI. Copy a prompt from this guide, change the words in [square brackets] to your own, then send it.



Keep the conversation going

Reply to its answer. Ask for a shorter version, more detail, another idea or a warmer tone. A conversation gives better results than one message.



Use your own language

Write in English, Malay or both. Most assistants reply in the language you use.



Keep a notebook nearby

Paper or a notes app. On Day 6 you will collect your best prompts and answers in one place.



YOUR WEEK AT A GLANCE

1

INTRODUCE

2

PLAN

3

DECIDE

4

CREATE

5

LEARN

6

REMEMBER

7

ROUTINE

Missed a day? Simply continue the next day. This is a practice, not a test.

DAY

I

Introduce yourself to your AI

🕒 TODAY'S AIM

Give your AI-self a short “my context” note, so its answers fit your life and your work.

🕒 YOUR 15 MINUTES

- 5 min** Write your “my context” note with the template below, in your notebook or a notes app.
- 5 min** Open a new chat and send prompt 1 with your note. Read what it understood about you.
- 5 min** Correct anything it got wrong. Save the final note where you can find it. You will use it all week.

My context note

- My roles: [for example, founder of a home bakery, mother of two, part-time student]
- My business or work: [what I do, for whom, and where]
- My goals for the next three months: [one to three goals]
- How I like to write: [for example, warm and short, in English and Malay]
- What I want help with: [for example, planning, writing, learning]
- What to avoid: [for example, long answers, hard selling, slang]



TIP

Many assistants have a setting for personal instructions or memory. If yours does, place your note there. If not, paste it at the start of each new chat. Keep it free of private details such as your IC number, home address or bank details.

DAY 1 · INTRODUCE YOURSELF TO YOUR AI

PROMPTS TO COPY

Change the words in [square brackets] to your own.

PROMPT 1

Here is my context note: **[paste your note]**. Tell me in five short points what you understood about me. Then ask me three questions that would help you support me better.

PROMPT 2

Based on my note, suggest five everyday tasks where you could save me the most time this month. For each one, explain why in one line.

PROMPT 3

Rewrite my context note so it is clear and under 150 words. Keep my own words where you can.

REFLECTION

What surprised you about how your AI-self described you?

Start where you are.

DAY

2

Plan your week

🎯 TODAY'S AIM

Turn a busy, messy list into a calm and realistic week.

🕒 YOUR 15 MINUTES

- 5 min** Write down everything on your mind this week: work, home, family, faith and rest. No order is needed.
- 5 min** Send your list with prompt 1. Read the plan it suggests.
- 5 min** Adjust the plan: move, remove and protect. Put your top three tasks into your calendar.



TIP

Tell your AI-self your fixed times: school runs, prayer times, family meals and rest. A plan that ignores real life will not last.

DAY 2 · PLAN YOUR WEEK

PROMPTS TO COPY

Change the words in [square brackets] to your own.

PROMPT 1

Here is everything on my mind this week: **[paste your list]**. My fixed times are: **[for example, school pick-up at 1 pm, family dinner at 7.30 pm]**. Sort this into a realistic plan from Monday to Sunday. Put the three most important tasks first, and leave space for rest.

PROMPT 2

Look at my list again. Which tasks can I drop, delay, share with someone else, or do faster with your help? Explain each in one line.

PROMPT 3

Make a short plan for tomorrow morning only: what I should do first, second and third.

REFLECTION

Which one task, once done this week, would make you feel lighter?

One calm week at a time.

DAY

3

Think through one decision

🎯 TODAY'S AIM

Use your AI-self as a thinking partner for one real decision.

🕒 YOUR 15 MINUTES

3 min

Choose one decision you are facing, small or big. For example: raise your prices, hire help, take on a new client or start a course.

7 min

Send prompt 1. Read the pros, cons and risks. Tell it where they do not fit your situation.

5 min

Use prompt 3 to prepare questions for a person you trust. The final choice stays with you.

My decision note

- The decision: [what I am deciding]
- My options: [two or three choices]
- What matters most to me: [for example, family time, income, my values]
- Risks I can accept: [and risks I cannot]
- My choice, and why: [one or two lines]
- Date to look at it again: [a date]



TIP

Your AI-self does not know your family, your customers or your heart as you do. Use it to see more options and more risks. Then decide with your own judgement and values, and talk to the people who matter.

DAY 3 · THINK THROUGH ONE DECISION

PROMPTS TO COPY

Change the words in [square brackets] to your own.

PROMPT 1

I am deciding whether to [your decision]. My situation: [two or three lines]. List the pros, the cons and the main risks. Then tell me what information I am still missing.

PROMPT 2

Argue against the option I prefer, which is [your preferred option]. Be kind but direct. What could go wrong, and how could I reduce that risk?

PROMPT 3

Give me five good questions to ask [a mentor, my spouse, an accountant, a customer] before I decide.

REFLECTION

How do you feel about the decision now? Clearer or still unsure, and why?

You remain the decision-maker.

DAY

4

Create something in your own voice

🎯 TODAY'S AIM

Draft one real piece of work that still sounds like you.

🕒 YOUR 15 MINUTES

3 min

Choose one piece to create: a message to a customer, a social media post, a product description or an email.

4 min

Paste two or three things you wrote before. Send prompt 1 so your AI-self can describe your voice.

8 min

Draft with prompt 2. Then edit by hand until it sounds like you. Read it aloud before you use it.



TIP

The first draft belongs to the AI. The final word belongs to you. Change at least one sentence into something only you would say.

DAY 4 · CREATE SOMETHING IN YOUR OWN VOICE

PROMPTS TO COPY

Change the words in [square brackets] to your own.

PROMPT 1

Here are examples of my writing: **[paste two or three short pieces]**.

Describe my writing voice in five points: my tone, my sentence length, words I like, how I greet and how I close.

PROMPT 2

Using my voice, write a **[post, message or email]** about **[topic]** for **[who will read it]**. Keep it under **[number]** words. Do not use words I would never use, such as **[example]**.

PROMPT 3

Now write a version in **[Malay or English]** that is natural and warm, not a word-for-word translation.

REFLECTION

Which sentence did you change, and why?

Your voice is your signature.

DAY

5

Learn something new for your business, fast

🕒 TODAY'S AIM

Understand one useful topic in fifteen minutes, at your own level.

🕒 YOUR 15 MINUTES

- 2 min** Choose one topic you keep postponing. For example: pricing, cash flow, social media ads or writing a simple proposal.
- 8 min** Send prompt 1. Ask follow-up questions until it makes sense to you.
- 5 min** Send prompt 3 to test yourself. Write down one thing you will use this week.

Useful follow-up questions

"Explain that again, more simply."

"Give me an example from a business like mine."

"What should I do first?"

"Is this true in Malaysia? Where can I check it?"

"Make a one-page summary I can keep."



TIP

AI can be wrong, and rules change. For law, tax, health or money, check with an official source or a qualified person before you act.

DAY 5 · LEARN SOMETHING NEW FOR YOUR BUSINESS, FAST

PROMPTS TO COPY

Change the words in [square brackets] to your own.

PROMPT 1

Teach me about [topic] as if I run a small [type of business] in Malaysia.
Use simple words and one example from a business like mine. Focus only on what I need to know this month.

PROMPT 2

What are the three most common mistakes beginners make with [topic]?
How can I avoid each one?

PROMPT 3

Ask me five short questions to check that I understood. Wait for my answers, then correct me kindly.

REFLECTION

*What is the one thing you learned
today that you will use this week?*

Become better, faster.

DAY

6

Build your second-brain note

🎯 TODAY'S AIM

Keep what works, so you never have to start from zero again.

🕒 YOUR 15 MINUTES

- 5 min** Look back at Days 1 to 5. Copy the prompts and answers that helped you most.
- 5 min** Send prompt 1 to turn them into one tidy "second-brain" note.
- 5 min** Save the note where you will see it often. Add to it every week.

What goes in your second-brain note

- My context note, from Day 1
- My voice, from Day 4
- My best prompts, each with a short name
- Facts I reuse: my prices, opening hours and usual answers to customers
- Lessons: what worked and what did not



TIP

Never store passwords, IC numbers or bank details in this note. If you would not pin it on a notice board at work, leave it out.



DAY 6 · BUILD YOUR SECOND-BRAIN NOTE

PROMPTS TO COPY

Change the words in [square brackets] to your own.

PROMPT 1

Here are the prompts and answers that helped me most this week: **[paste them]**. Turn them into a short, tidy reference note with these headings: My context, My voice, My best prompts, Facts I reuse, Lessons.

PROMPT 2

Give each of my best prompts a short name, and one line about when to use it.

PROMPT 3

Read my note. What is missing that would help you support me better next week?

REFLECTION

Which prompt will you use again and again?

Keep your knowledge safe.

DAY

7

Make it a routine

🎯 TODAY'S AIM

Choose one weekly task to do with your AI-self, then celebrate your week.

🕒 YOUR 15 MINUTES

- 3 min** Choose one task you do every week. For example: your weekly plan, an update to customers, a social media post or a sales summary.
- 7 min** Send prompt 1 to turn it into a simple routine, with steps and a prompt you can reuse.
- 5 min** Put the routine in your calendar: the same day and time every week. Then turn the page and celebrate.

Ideas for a weekly routine

- Monday: plan the week (Day 2)
- Tuesday: draft replies to common customer questions
- Wednesday: one post in your own voice (Day 4)
- Thursday: learn one small thing (Day 5)
- Friday: a short sales or progress summary
- Sunday: add new lessons to your second-brain note (Day 6)



TIP

Some assistants can remind you or run a task on a schedule. If yours cannot, a calendar reminder works just as well. The habit matters more than the tool.

DAY 7 · MAKE IT A ROUTINE

PROMPTS TO COPY

Change the words in [square brackets] to your own.

PROMPT 1

Every [day of the week] I need to [weekly task]. Help me turn this into a 15-minute routine: the steps, what I need to prepare, and one prompt I can reuse each week.

PROMPT 2

Write the reusable prompt for my weekly [task], with [square brackets] for the details that change each week.

PROMPT 3

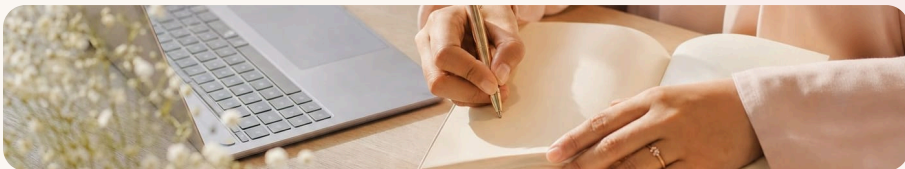
Look back at our week together. Sum up what I achieved in five points, and suggest one next step for the coming month.

REFLECTION

Which weekly task will your AI-self help you with, and on which day?

Small steps, every week.

Look at what you built this week



- ☐ Day 1: my context note
- ☐ Day 2: a calm, realistic week
- ☐ Day 3: one decision, thought through
- ☐ Day 4: a piece of work in my own voice
- ☐ Day 5: something new, learned fast
- ☐ Day 6: my second-brain note
- ☐ Day 7: one weekly routine

Celebrate in a way that feels good to you: a quiet coffee, a walk, a call to a friend, a moment of gratitude. Then tell one other woman what you learned. Knowledge grows when it is shared.

This week, I learned that I can...

*She needs the courage to begin.
And you began.*

Seven safe habits

Use these with every AI tool, every time.



1 Keep private data out

Never paste IC numbers, bank details, passwords, or other people's private information.



2 Check facts and numbers

AI can sound sure and still be wrong. Check prices, dates, laws and figures with a trusted source.



3 Keep your own voice

Edit every draft until it sounds like you. Your name is on it.



4 You decide

AI gives you options. The choice, and the responsibility, stay with you.



5 Protect your clients

Remove names and details that identify a client, or ask for their permission first. Follow your company's own rules on AI.



6 Respect copyright

Do not copy other people's writing, pictures or brands. Ask your AI-self to help you create your own.



7 Rest

AI is there day and night. You do not need to be. Switch off, rest and spend time with the people you love.

You do not have to do this alone

This guide is a first step. The Myself + AI-Self movement brings women together to learn, share and grow, side by side.



Circles

Small, women-only mornings in person. Learn side by side and leave with your first AI-self routine. Circles end before Zohor.

nurafifah.com/events



Webinars

Calm, practical sessions online after Isyak, with replays for those who register.

nurafifah.com/webinars



Connection sessions

Time with Nura, one to one, for your business, your team or your next step. The 20-minute discovery chat is complimentary.

nurafifah.com/book



Free resources

More guides for women who build are coming soon.

nurafifah.com/resources

Join us at nurafifah.com

Every woman deserves an AI-self.

MYSELF + AI-SELF

A movement for the next generation of empowered women.

Not to replace her. To empower her.

Meet Your AI-Self is a free 7-day guide for women who build: founders, professionals, mothers, students, caregivers and creators. Fifteen minutes a day, one small step at a time.

Nur Afifah Samsuddin (Nura) is Managing Partner of Prima Nexus and Director of Neo Nexon. She leads a mostly female team in life science and genomics in Malaysia.

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