SARAH PIRIE-NALLY

AI Stack Worksheet

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Map your AI tools, identify gaps, and build a stack that works for your life and business.

HOW TO USE THIS WORKSHEET

For each area of your life or business, list the AI tools you currently use, rate your confidence (1–5), note what's working, and identify gaps. Use the final column to capture your next action. Review this quarterly as your stack evolves.

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01 — CONTENT & COMMUNICATION

Writing, editing, email, social media, presentations, reports

Examples: ChatGPT, Claude, Jasper, Grammarly, Notion AI, Canva AI

Tool / App	Confidence (1–5)	What's Working	What's Missing / Next Action

02 — RESEARCH & LEARNING

Information gathering, summarising, upskilling, competitive analysis

Examples: Perplexity, NotebookLM, ChatGPT, Elicit, Consensus

Tool / App	Confidence (1–5)	What's Working	What's Missing / Next Action

03 — PLANNING & STRATEGY

Goal setting, project planning, decision frameworks, scenario planning

Examples: ChatGPT, Claude, Notion AI, Miro AI, Whimsical AI

Tool / App	Confidence (1–5)	What's Working	What's Missing / Next Action

04 — AUTOMATION & WORKFLOWS

Repetitive tasks, integrations, scheduling, data processing

Examples: Zapier, Make, n8n, Microsoft Copilot, Airtable AI

Tool / App	Confidence (1–5)	What's Working	What's Missing / Next Action

05 — CREATIVITY & DESIGN

Image generation, video, audio, brand assets, ideation

Examples: Midjourney, DALL·E, Adobe Firefly, ElevenLabs, Sora

Tool / App	Confidence (1–5)	What's Working	What's Missing / Next Action

06 — PERSONAL LIFE & FAMILY

Meal planning, family systems, health tracking, parenting support

Examples: ChatGPT, Notion AI, Otter.ai, Superhuman, Reclaim AI

Tool / App	Confidence (1–5)	What's Working	What's Missing / Next Action

07 — REFLECTION & NEXT STEPS

1. Which area of your life or business would benefit most from better AI integration right now?

2. What is the ONE tool or workflow you will implement in the next 7 days?

3. What does your ideal AI stack look like in 6 months?

Ready to go deeper? Take the **Wonder Audit** — Sarah's free AI readiness assessment — and get a personalised report with your score, strengths, and recommended next steps.

sarahpirienally.com/wonder-audit

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