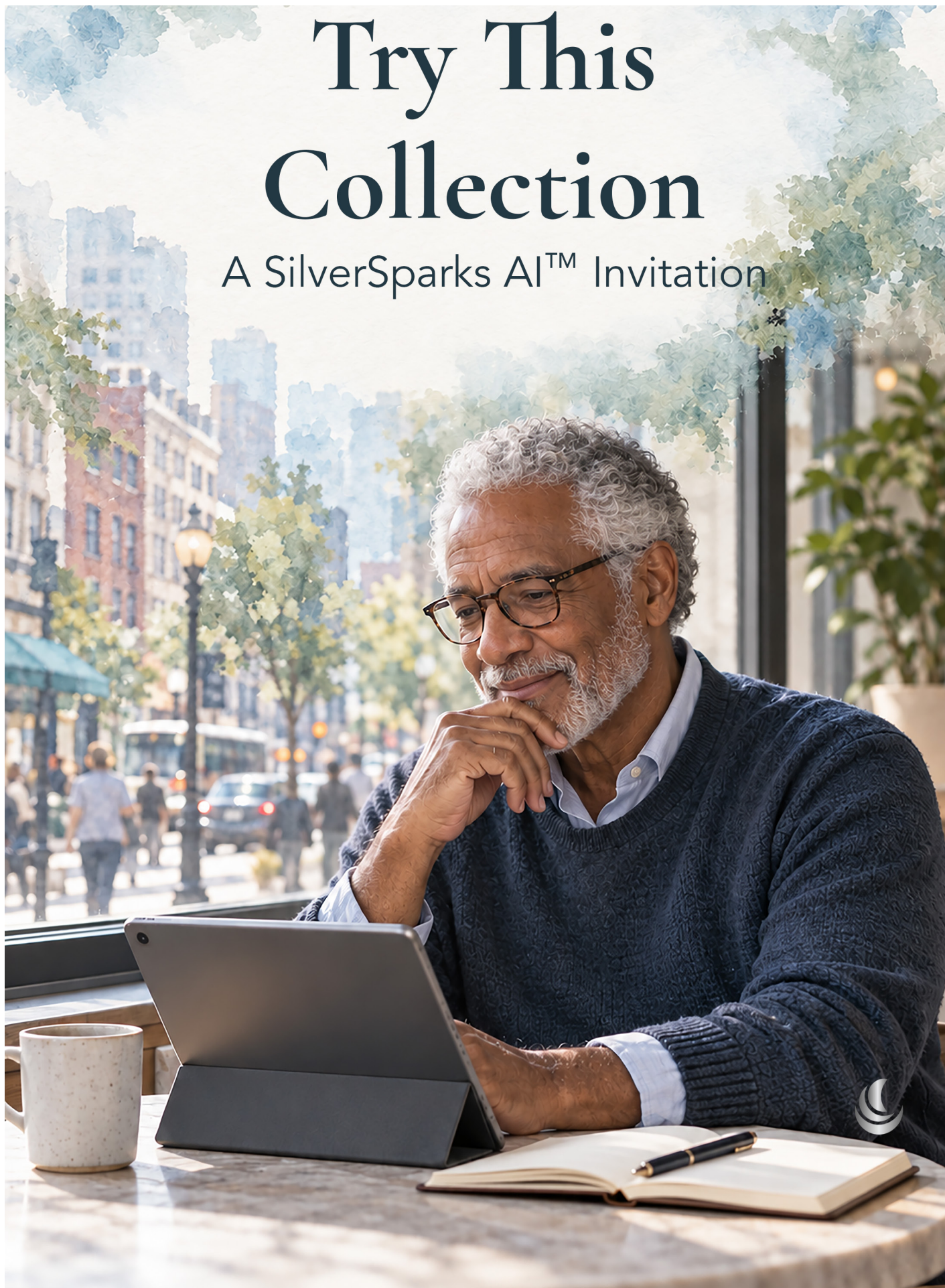


# Try This Collection

A SilverSparks AI™ Invitation



# **The Try This Collection**

**Produced by SilverSparks AI**

The Try This Collection

Copyright © 2026 Constance Fabian-Isaacs

All rights reserved.

Published by Silver Minds Press

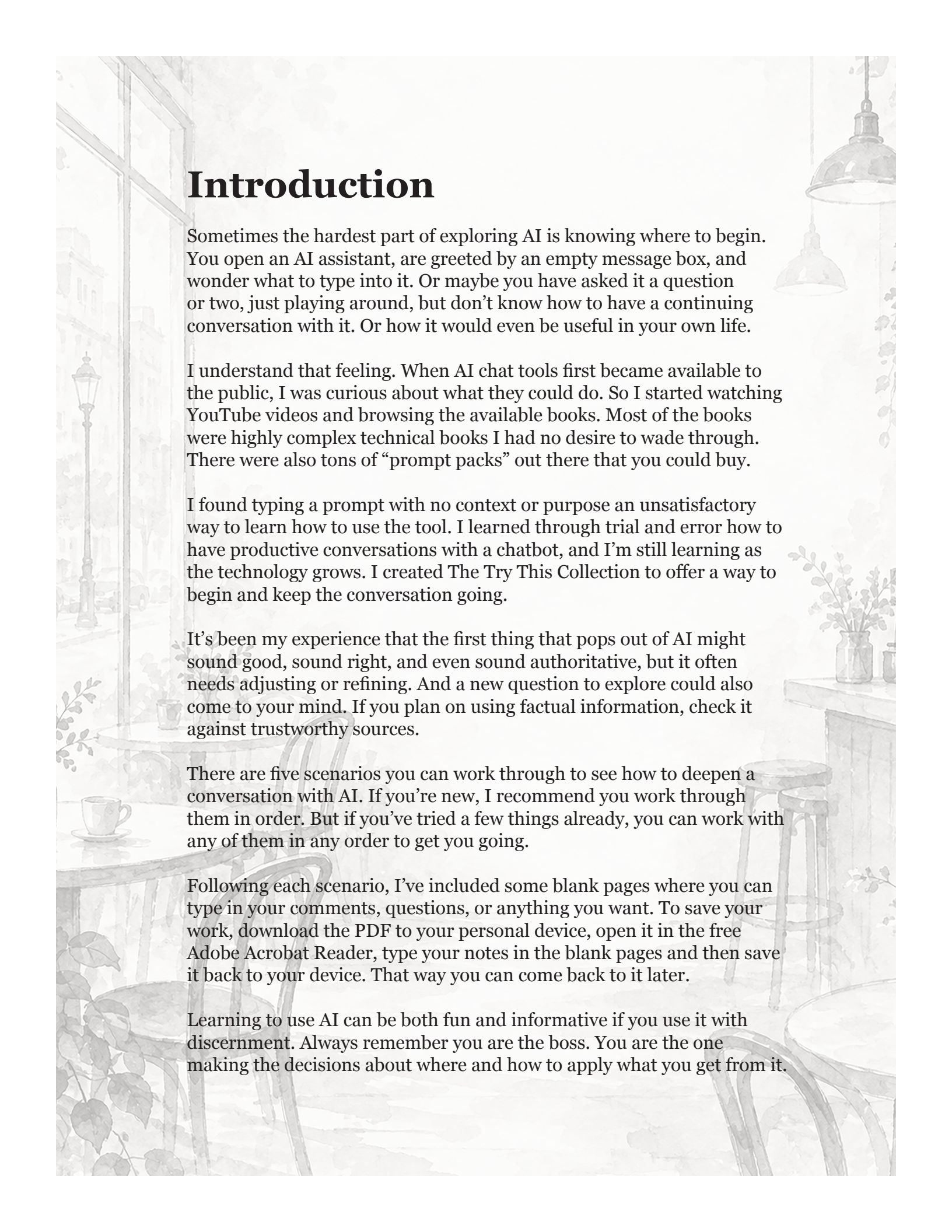
[www.silversparksai.com](http://www.silversparksai.com)

This publication can be downloaded and printed for personal use. It may not be reproduced, distributed, resold, uploaded, or shared in whole or in part without written permission from the copyright holder, except for brief quotations used in reviews or commentary.

This collection is intended for educational and personal exploration. Artificial intelligence can produce information that is incomplete, inaccurate, or out of date. Readers are responsible for evaluating AI responses and making their own decisions. Nothing in this publication is intended to replace qualified medical, legal, financial, or other professional advice.

References to third-party products and services do not imply affiliation with or endorsement by their owners.

First digital edition, 2026.



# Introduction

Sometimes the hardest part of exploring AI is knowing where to begin. You open an AI assistant, are greeted by an empty message box, and wonder what to type into it. Or maybe you have asked it a question or two, just playing around, but don't know how to have a continuing conversation with it. Or how it would even be useful in your own life.

I understand that feeling. When AI chat tools first became available to the public, I was curious about what they could do. So I started watching YouTube videos and browsing the available books. Most of the books were highly complex technical books I had no desire to wade through. There were also tons of "prompt packs" out there that you could buy.

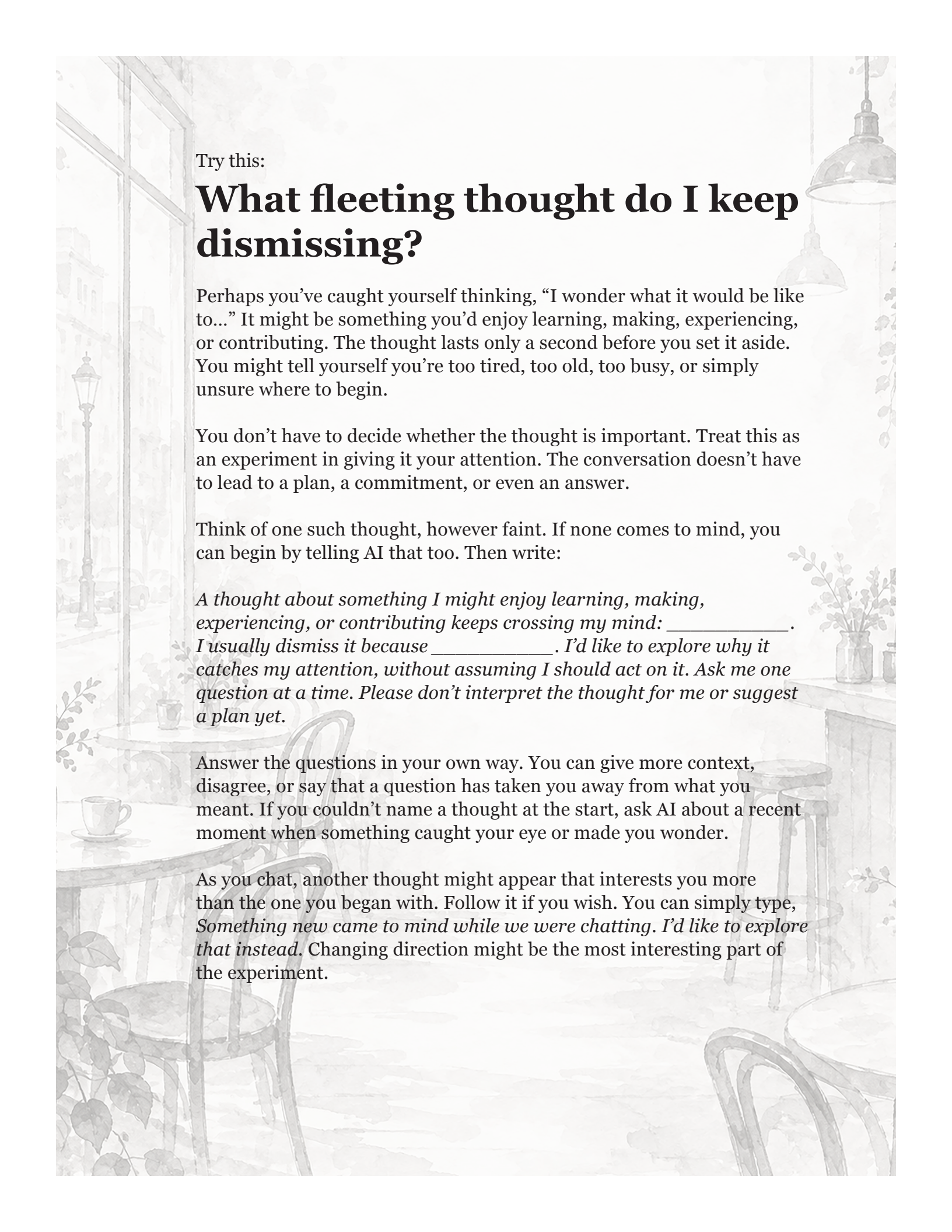
I found typing a prompt with no context or purpose an unsatisfactory way to learn how to use the tool. I learned through trial and error how to have productive conversations with a chatbot, and I'm still learning as the technology grows. I created The Try This Collection to offer a way to begin and keep the conversation going.

It's been my experience that the first thing that pops out of AI might sound good, sound right, and even sound authoritative, but it often needs adjusting or refining. And a new question to explore could also come to your mind. If you plan on using factual information, check it against trustworthy sources.

There are five scenarios you can work through to see how to deepen a conversation with AI. If you're new, I recommend you work through them in order. But if you've tried a few things already, you can work with any of them in any order to get you going.

Following each scenario, I've included some blank pages where you can type in your comments, questions, or anything you want. To save your work, download the PDF to your personal device, open it in the free Adobe Acrobat Reader, type your notes in the blank pages and then save it back to your device. That way you can come back to it later.

Learning to use AI can be both fun and informative if you use it with discernment. Always remember you are the boss. You are the one making the decisions about where and how to apply what you get from it.



Try this:

## What fleeting thought do I keep dismissing?

Perhaps you've caught yourself thinking, "I wonder what it would be like to..." It might be something you'd enjoy learning, making, experiencing, or contributing. The thought lasts only a second before you set it aside. You might tell yourself you're too tired, too old, too busy, or simply unsure where to begin.

You don't have to decide whether the thought is important. Treat this as an experiment in giving it your attention. The conversation doesn't have to lead to a plan, a commitment, or even an answer.

Think of one such thought, however faint. If none comes to mind, you can begin by telling AI that too. Then write:

*A thought about something I might enjoy learning, making, experiencing, or contributing keeps crossing my mind: \_\_\_\_\_. I usually dismiss it because \_\_\_\_\_. I'd like to explore why it catches my attention, without assuming I should act on it. Ask me one question at a time. Please don't interpret the thought for me or suggest a plan yet.*

Answer the questions in your own way. You can give more context, disagree, or say that a question has taken you away from what you meant. If you couldn't name a thought at the start, ask AI about a recent moment when something caught your eye or made you wonder.

As you chat, another thought might appear that interests you more than the one you began with. Follow it if you wish. You can simply type, *Something new came to mind while we were chatting. I'd like to explore that instead.* Changing direction might be the most interesting part of the experiment.

After a few exchanges, ask:

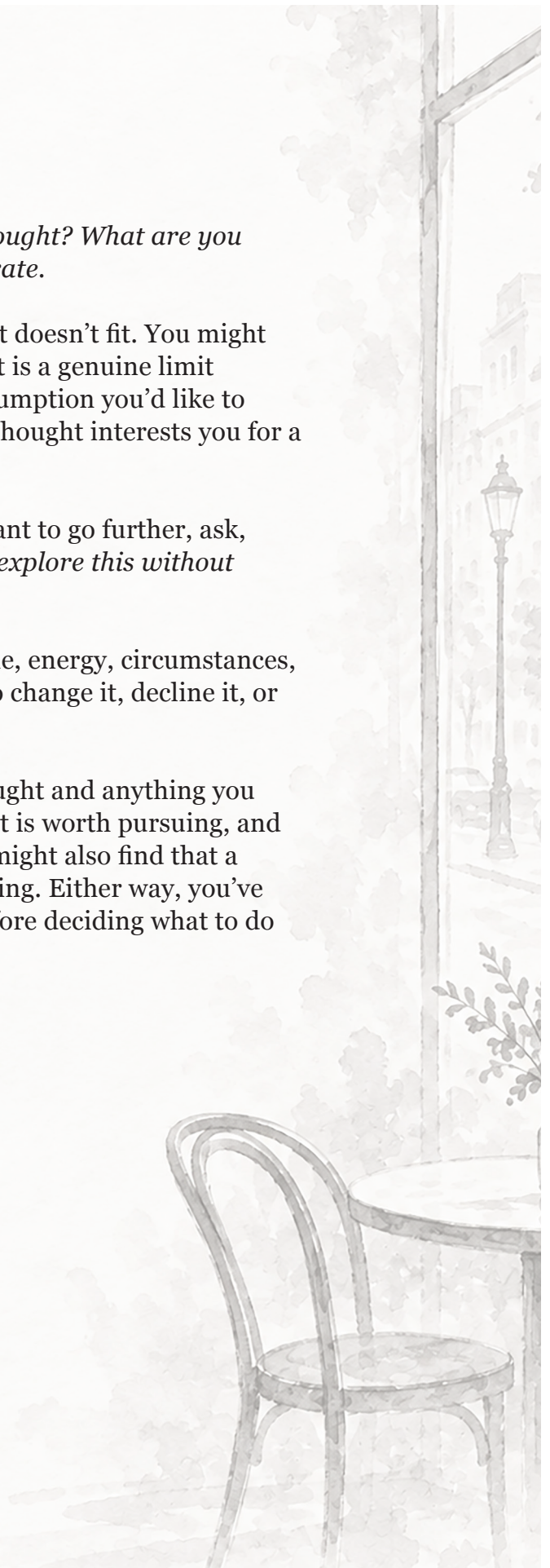
*What have you heard me say about this thought? What are you assuming about it? Please keep those separate.*

Read the response and correct anything that doesn't fit. You might find that the reason you dismiss the thought is a genuine limit worth respecting. You might find it's an assumption you'd like to reconsider. Or you might discover that the thought interests you for a reason you didn't expect.

You can end the experiment there. If you want to go further, ask, *What's one small, considerate way I could explore this without making a commitment?*

Consider any suggestion in light of your time, energy, circumstances, and the people it might affect. You're free to change it, decline it, or think of something better yourself.

On the Your Notes page(s), capture the thought and anything you noticed by staying with it. Not every thought is worth pursuing, and you might discover that this one isn't. You might also find that a different thought has become more interesting. Either way, you've given the original thought a fair hearing before deciding what to do with it.

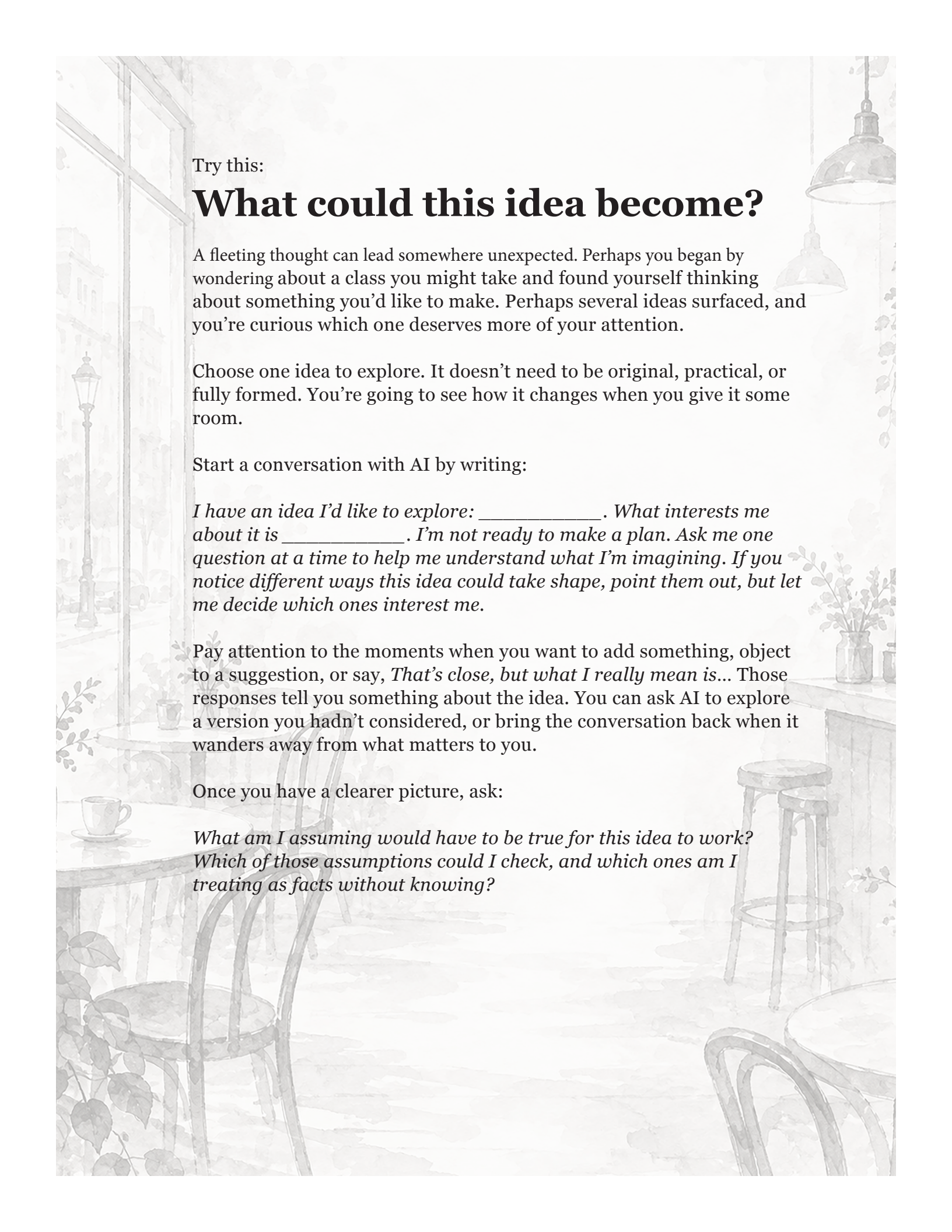


## Your Notes



## Your Notes





Try this:

## What could this idea become?

A fleeting thought can lead somewhere unexpected. Perhaps you began by wondering about a class you might take and found yourself thinking about something you'd like to make. Perhaps several ideas surfaced, and you're curious which one deserves more of your attention.

Choose one idea to explore. It doesn't need to be original, practical, or fully formed. You're going to see how it changes when you give it some room.

Start a conversation with AI by writing:

*I have an idea I'd like to explore: \_\_\_\_\_. What interests me about it is \_\_\_\_\_. I'm not ready to make a plan. Ask me one question at a time to help me understand what I'm imagining. If you notice different ways this idea could take shape, point them out, but let me decide which ones interest me.*

Pay attention to the moments when you want to add something, object to a suggestion, or say, *That's close, but what I really mean is...* Those responses tell you something about the idea. You can ask AI to explore a version you hadn't considered, or bring the conversation back when it wanders away from what matters to you.

Once you have a clearer picture, ask:

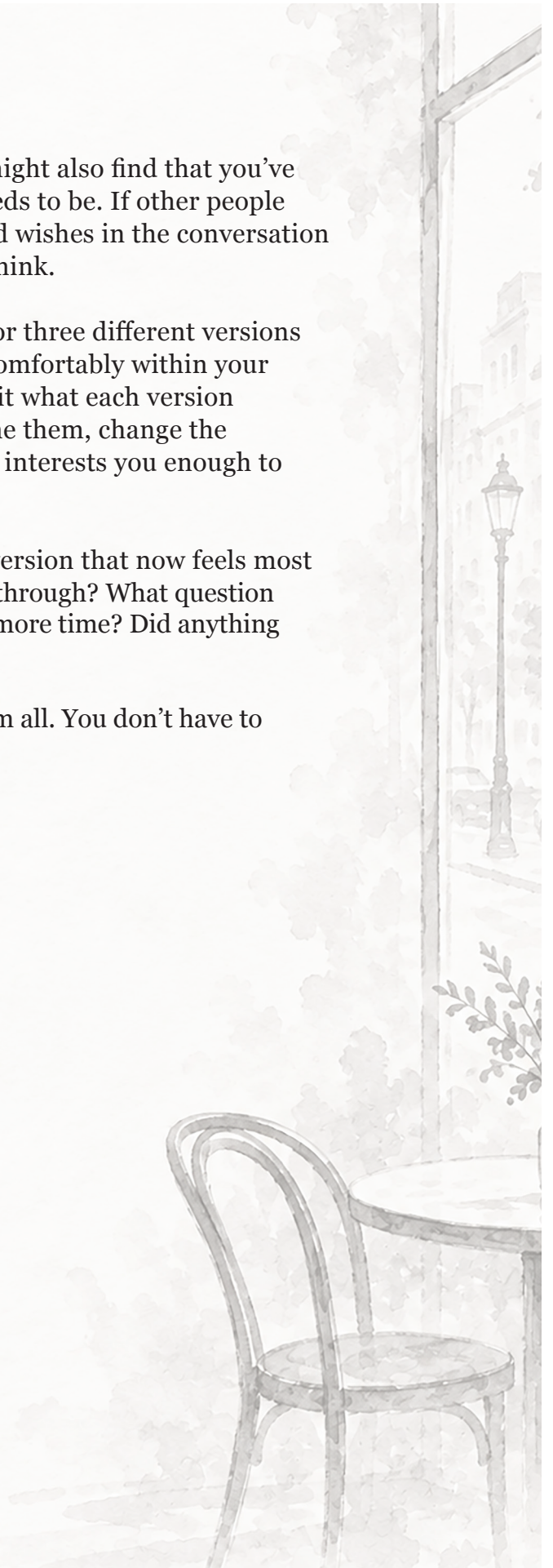
*What am I assuming would have to be true for this idea to work? Which of those assumptions could I check, and which ones am I treating as facts without knowing?*

You might discover a real obstacle. You might also find that you've made the idea larger or harder than it needs to be. If other people would be affected, include their needs and wishes in the conversation rather than letting AI guess what they'd think.

Before you finish, ask AI to describe two or three different versions of the idea, including one that would fit comfortably within your present time, energy, and resources. Tell it what each version gets right or wrong. You're free to combine them, change the idea entirely, or decide that none of them interests you enough to continue.

On the Your Notes page(s), describe the version that now feels most like yours. What changed as you talked it through? What question would you want answered before giving it more time? Did anything surprise you? What was it?

If several ideas emerged, you can keep them all. You don't have to choose today.

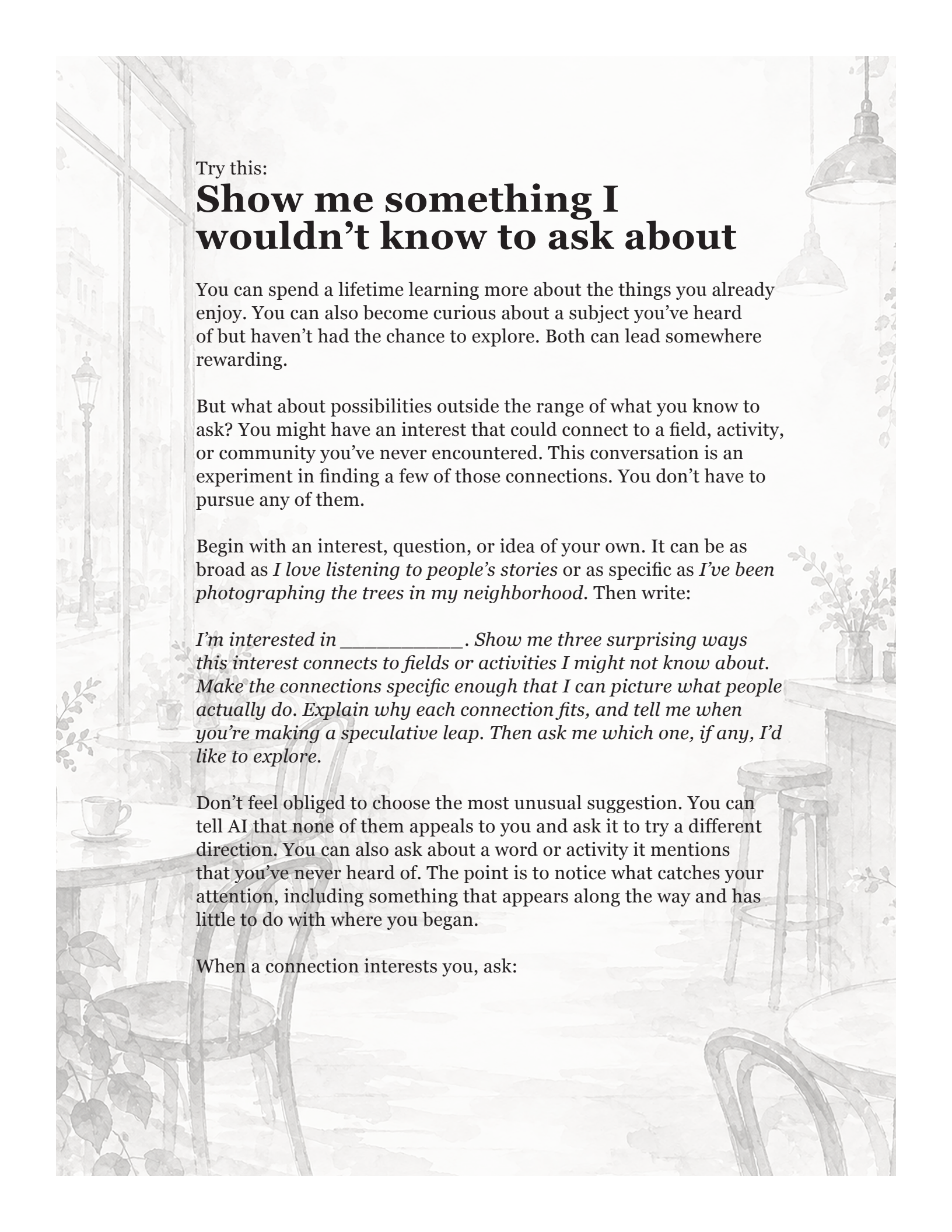


## Your Notes



## Your Notes





Try this:

## Show me something I wouldn't know to ask about

You can spend a lifetime learning more about the things you already enjoy. You can also become curious about a subject you've heard of but haven't had the chance to explore. Both can lead somewhere rewarding.

But what about possibilities outside the range of what you know to ask? You might have an interest that could connect to a field, activity, or community you've never encountered. This conversation is an experiment in finding a few of those connections. You don't have to pursue any of them.

Begin with an interest, question, or idea of your own. It can be as broad as *I love listening to people's stories* or as specific as *I've been photographing the trees in my neighborhood*. Then write:

*I'm interested in \_\_\_\_\_. Show me three surprising ways this interest connects to fields or activities I might not know about. Make the connections specific enough that I can picture what people actually do. Explain why each connection fits, and tell me when you're making a speculative leap. Then ask me which one, if any, I'd like to explore.*

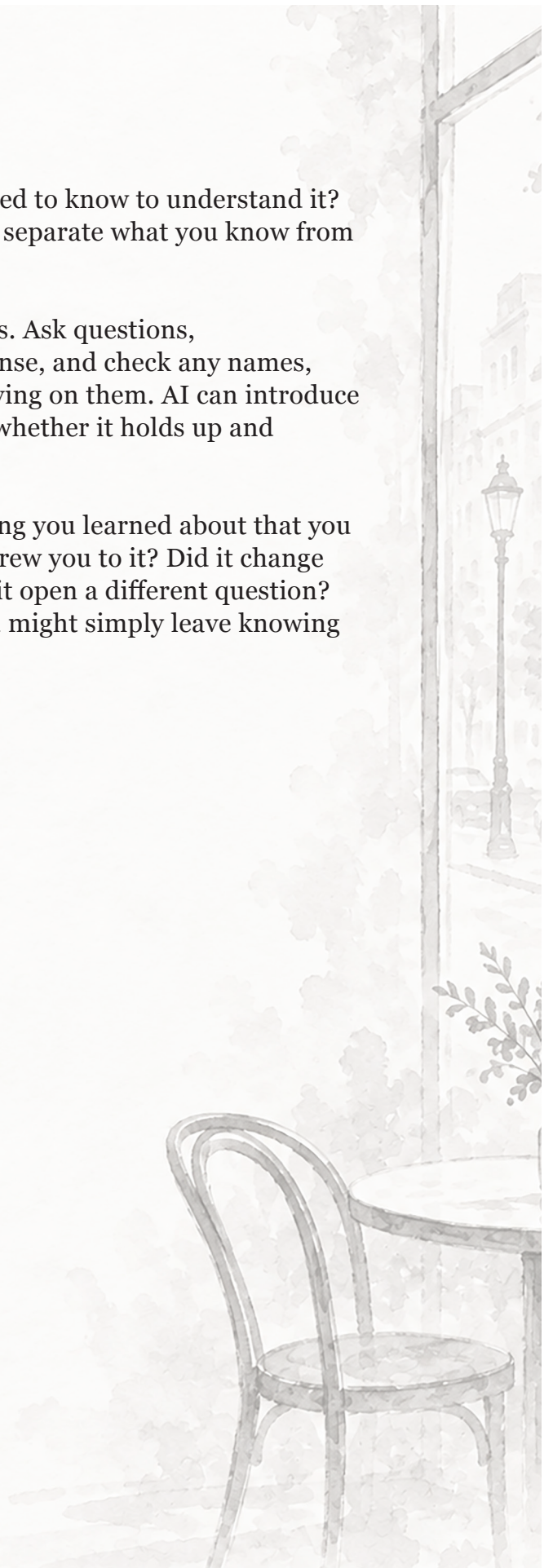
Don't feel obliged to choose the most unusual suggestion. You can tell AI that none of them appeals to you and ask it to try a different direction. You can also ask about a word or activity it mentions that you've never heard of. The point is to notice what catches your attention, including something that appears along the way and has little to do with where you began.

When a connection interests you, ask:

“What would someone new to this area need to know to understand it? Give me a real example I can look up, and separate what you know from what you’re guessing.”

Follow the thread as long as you’re curious. Ask questions, challenge explanations that don’t make sense, and check any names, organizations, or opportunities before relying on them. AI can introduce you to a possibility, but you get to decide whether it holds up and whether it matters to you.

On the Your Notes page(s), record one thing you learned about that you wouldn’t have thought to look for. What drew you to it? Did it change how you see your original interest, or did it open a different question? You might leave with a new direction. You might simply leave knowing that more directions exist.

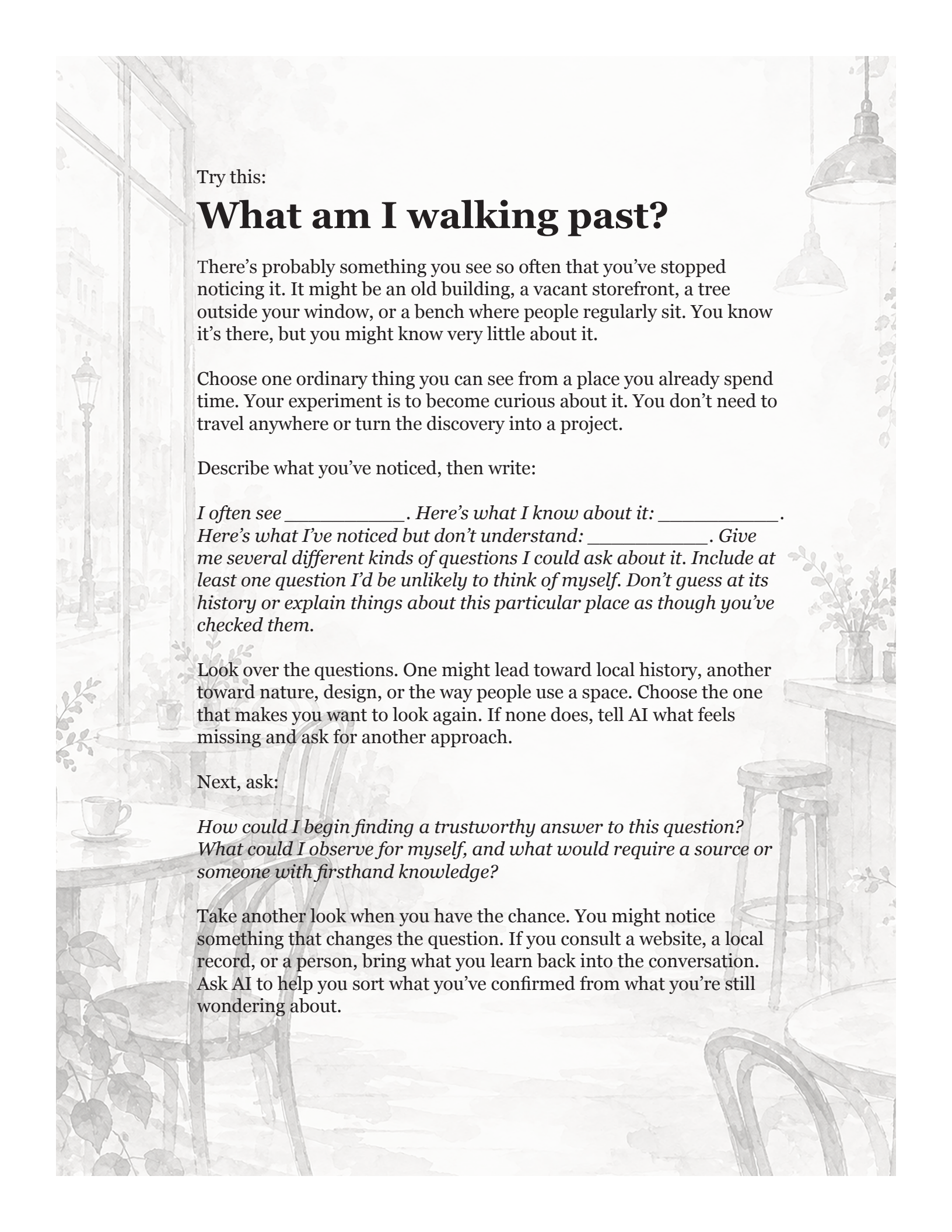


## Your Notes



## Your Notes





Try this:

## What am I walking past?

There's probably something you see so often that you've stopped noticing it. It might be an old building, a vacant storefront, a tree outside your window, or a bench where people regularly sit. You know it's there, but you might know very little about it.

Choose one ordinary thing you can see from a place you already spend time. Your experiment is to become curious about it. You don't need to travel anywhere or turn the discovery into a project.

Describe what you've noticed, then write:

*I often see \_\_\_\_\_. Here's what I know about it: \_\_\_\_\_.  
Here's what I've noticed but don't understand: \_\_\_\_\_. Give  
me several different kinds of questions I could ask about it. Include at  
least one question I'd be unlikely to think of myself. Don't guess at its  
history or explain things about this particular place as though you've  
checked them.*

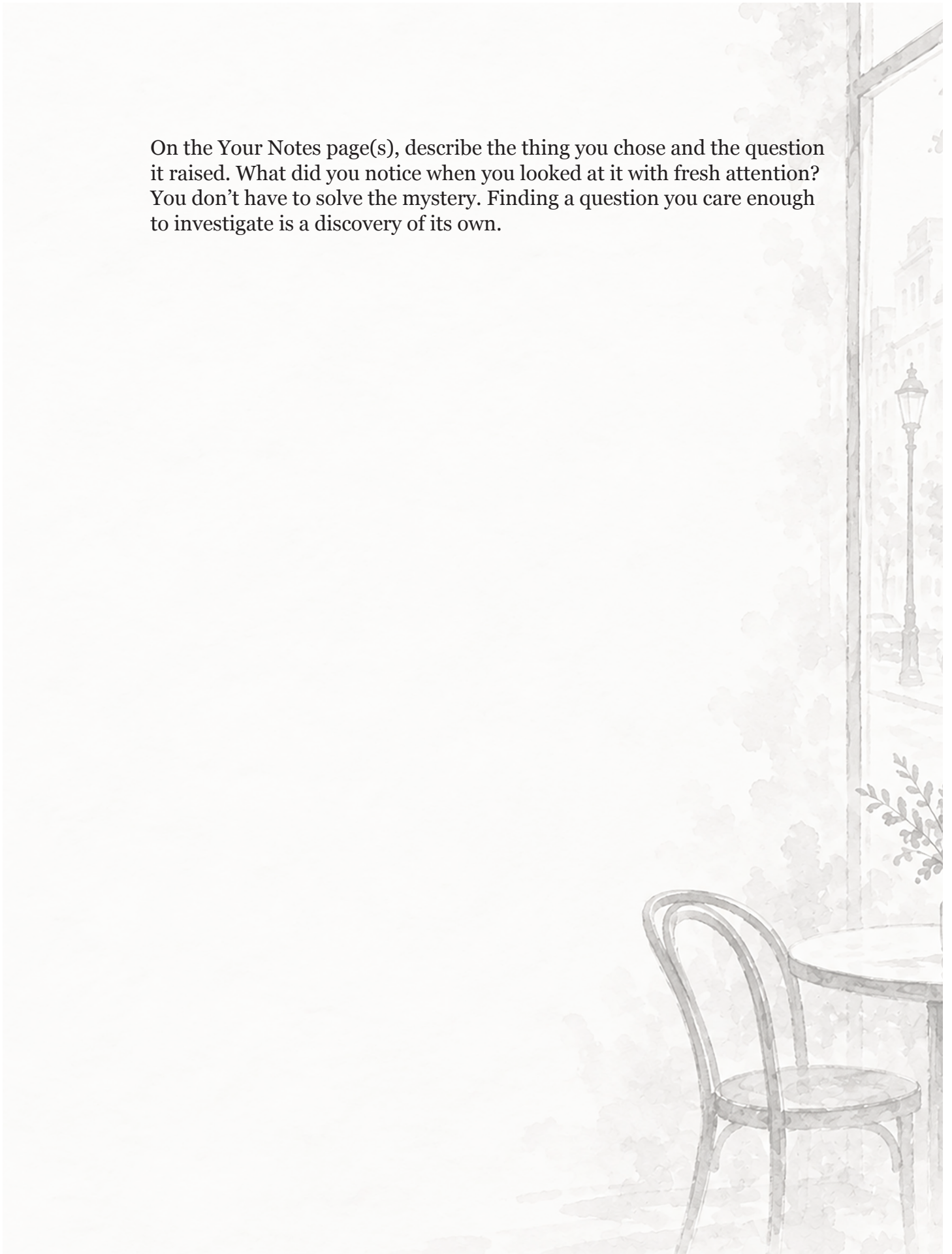
Look over the questions. One might lead toward local history, another toward nature, design, or the way people use a space. Choose the one that makes you want to look again. If none does, tell AI what feels missing and ask for another approach.

Next, ask:

*How could I begin finding a trustworthy answer to this question?  
What could I observe for myself, and what would require a source or  
someone with firsthand knowledge?*

Take another look when you have the chance. You might notice something that changes the question. If you consult a website, a local record, or a person, bring what you learn back into the conversation. Ask AI to help you sort what you've confirmed from what you're still wondering about.

On the Your Notes page(s), describe the thing you chose and the question it raised. What did you notice when you looked at it with fresh attention? You don't have to solve the mystery. Finding a question you care enough to investigate is a discovery of its own.

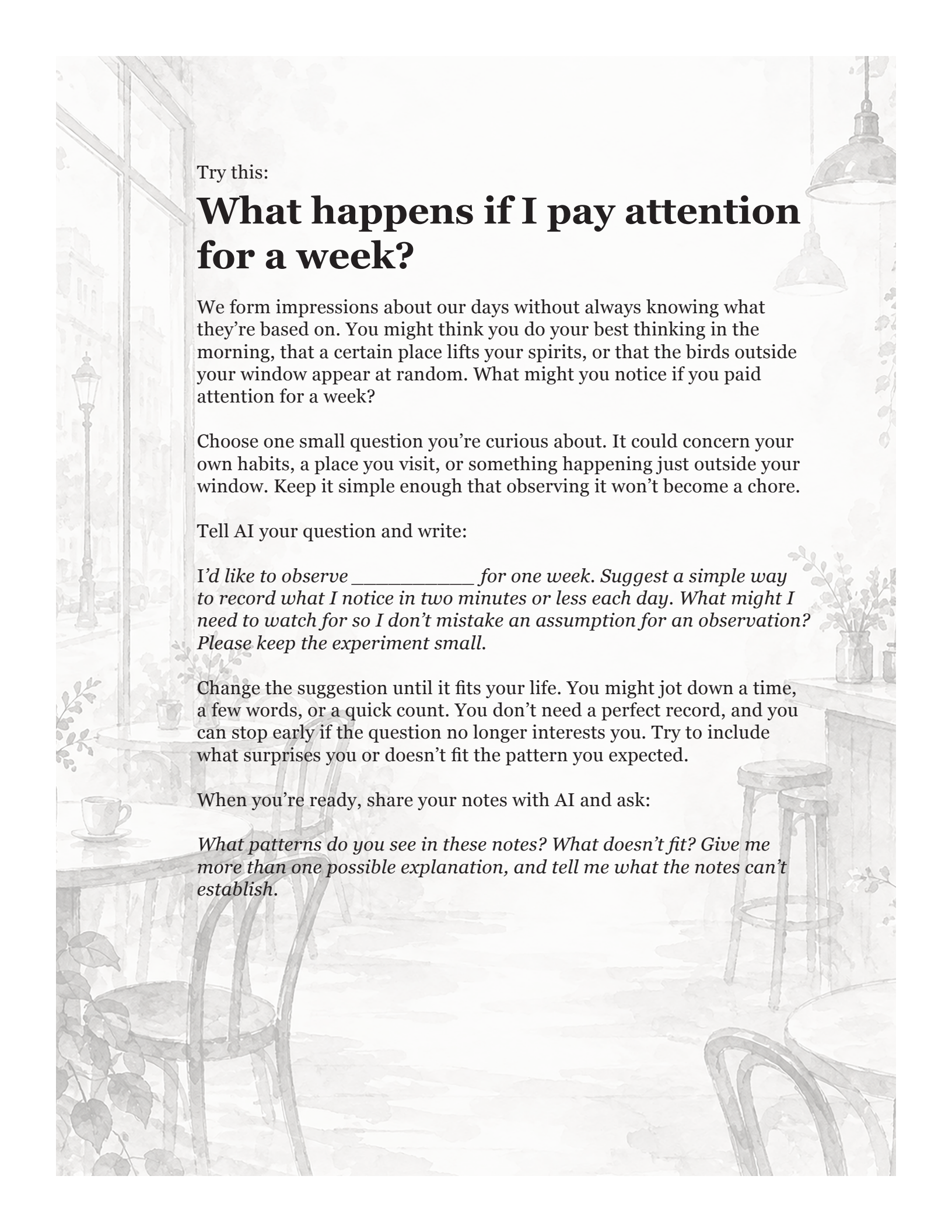


## Your Notes



## Your Notes





Try this:

## What happens if I pay attention for a week?

We form impressions about our days without always knowing what they're based on. You might think you do your best thinking in the morning, that a certain place lifts your spirits, or that the birds outside your window appear at random. What might you notice if you paid attention for a week?

Choose one small question you're curious about. It could concern your own habits, a place you visit, or something happening just outside your window. Keep it simple enough that observing it won't become a chore.

Tell AI your question and write:

*I'd like to observe \_\_\_\_\_ for one week. Suggest a simple way to record what I notice in two minutes or less each day. What might I need to watch for so I don't mistake an assumption for an observation? Please keep the experiment small.*

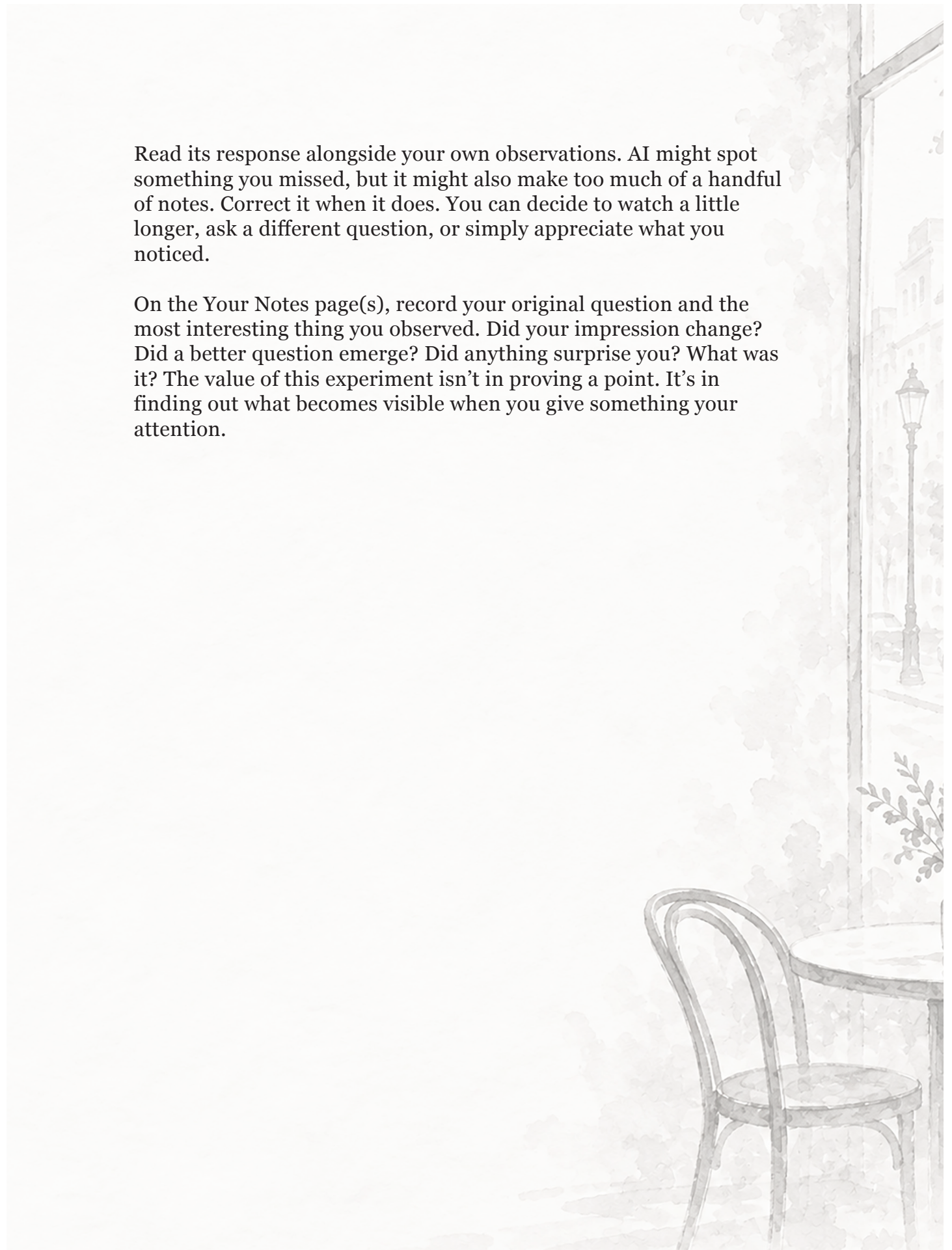
Change the suggestion until it fits your life. You might jot down a time, a few words, or a quick count. You don't need a perfect record, and you can stop early if the question no longer interests you. Try to include what surprises you or doesn't fit the pattern you expected.

When you're ready, share your notes with AI and ask:

*What patterns do you see in these notes? What doesn't fit? Give me more than one possible explanation, and tell me what the notes can't establish.*

Read its response alongside your own observations. AI might spot something you missed, but it might also make too much of a handful of notes. Correct it when it does. You can decide to watch a little longer, ask a different question, or simply appreciate what you noticed.

On the Your Notes page(s), record your original question and the most interesting thing you observed. Did your impression change? Did a better question emerge? Did anything surprise you? What was it? The value of this experiment isn't in proving a point. It's in finding out what becomes visible when you give something your attention.

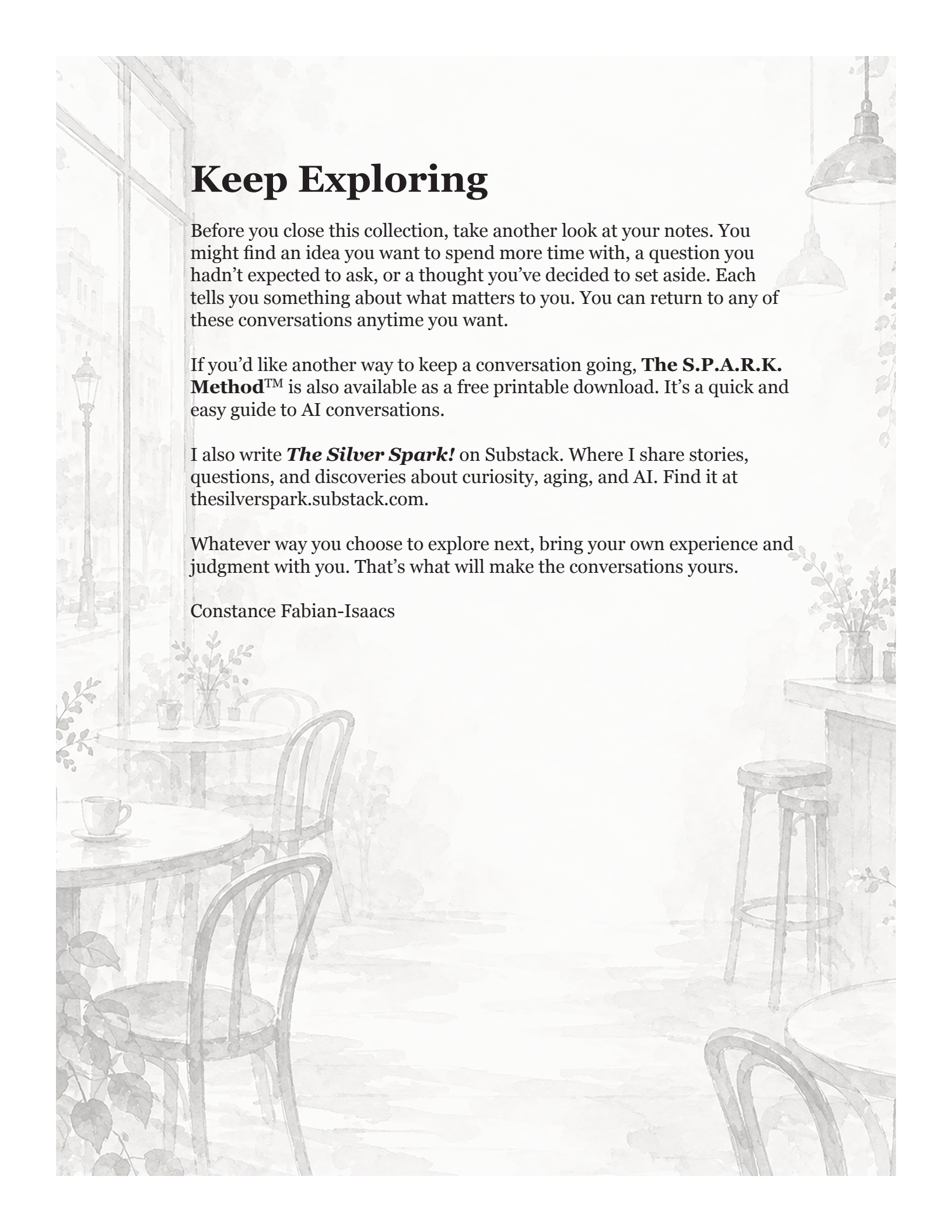


## Your Notes



## Your Notes





# Keep Exploring

Before you close this collection, take another look at your notes. You might find an idea you want to spend more time with, a question you hadn't expected to ask, or a thought you've decided to set aside. Each tells you something about what matters to you. You can return to any of these conversations anytime you want.

If you'd like another way to keep a conversation going, **The S.P.A.R.K. Method™** is also available as a free printable download. It's a quick and easy guide to AI conversations.

I also write ***The Silver Spark!*** on Substack. Where I share stories, questions, and discoveries about curiosity, aging, and AI. Find it at [thesilverspark.substack.com](https://thesilverspark.substack.com).

Whatever way you choose to explore next, bring your own experience and judgment with you. That's what will make the conversations yours.

Constance Fabian-Isaacs