



MEET CHATGPT: YOUR NEW BEST FRIEND IN THE DIGITAL WORLD

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What Is ChatGPT?

- **Chat** Generative **Pre**-trained **T**ransformer
- Type of Artificial Intelligence (AI) designed to understand & generate human language.
- Part of a group of AI systems known as “language models.”
- Created by OpenAI - a leader in developing helpful AI tools

Interesting Facts About ChatGPT

- ChatGPT launched publicly in November 2022 with 1M+ people signed up in first 5 days.
- The original “GPT” series began in 2018.
- By 2023, it became one of the fastest-growing apps in history.
- It currently controls 61%+ market share for Chatbots.
- Its user base doubled from 400M weekly users in February 2025 to 800M+ by April 2025.
- The United States accounts for the largest share of users (~19%).

What You Need To Know About ChatGPT

- **ChatGPT can be used on** an internet browser, an app on your computer & mobile devices.
- **For Mobile Apps:** Apple Products Must Be Able To Run iOS 17.0, & Android Must Run 6.0
- **It's not alive or thinking** – It's predicting what words make sense next based on the patterns it has learned.
- **It doesn't know who you are** – It only knows what information you choose to put into a conversation with the program. It doesn't spy or listen to you 24/7.
- **Conversations are protected and encrypted** - Messages are transmitted securely & conversations aren't shared publicly. OpenAI uses strict privacy rules to protect user data.
- **ChatGPT doesn't replace professionals** – it empowers you to be your best advocate.
- **ChatGPT doesn't replace critical thinking** – it encourages curiosity & learning.
- **ChatGPT doesn't replace your brain** – it gives it a boost!
- **ChatGPT shouldn't replace real people** – but support them by saving time & effort.
- **ChatGPT doesn't replace YOU** – it helps you do more of what you love, faster & easier.



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Best Uses For Chat GPT

HEALTH & WELLNESS

- Your Digital Wellness Partner
- Personalized Exercise Programs
- Nutrition Tips & Healthy Recipes
- Prepare for Doctor Appointments
- Mental Engagement
- Medication & Health Tracker Helpers
- Education & Research
- Preventative & Holistic Care

LIFESTYLE & FUN

- Travel Planning
- Entertainment Critic
- Creativity & Brainstorming Buddy
- Image Generation & Visual Inspiration
- Identify Objects
- Ideas For Family Activities & New Hobbies
- Nostalgic Short Stories & Songs
- Come Up With Some Jokes
- Companionship

WRITING ASSISTANT

- Write Your Autobiography or Memoir
- Journaling Prompts & Daily Reflections
- Family Stories
- Responding To Emails
- Writing Difficult Letters

DAILY LIFE & ROUTINES

- Create Daily Routines & Organize Schedules
- Simplify Complicated Tasks
- Troubleshoot Issues
- Budgeting & Expense Tracking
- Home Management & Decluttering Tips
- Shopping Lists & Note Keeping
- Event Planning
- Getting Quick Advice

PRACTICAL PARTNER

- Medical Appointments
- Legal Services
- Financial & Banking Services
- Insurance & Retirement
- Real Estate
- Comparison of Products & Services
- Important Preparation

TIPS & TRICKS

- Use Accessibility Features
- Pay For A PLUS Account
- Use The Mobile App & Website Plugin
- Ask Specific Questions & Give Good Details
- Talk To It Like Any Other Human Being
- Rename Your Chats To Find Easily Later On