



KENJY OPTIMISTIC · COURSE 05

AI Agents

Course 05 · Automate your Moment · Kenjy Optimistic Learning Path

Learn AI · Build your brand · Create content

Create. Educate. Elevate.

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Stop doing one-off chats. Learn how agents work, then build one helper that turns your Signature Moment into ready-to-review content, keeps you organized, and can become an offer.

Who it's for: beginners who already use an AI chat and are tired of re-explaining everything. No coding.

Where you practice: the free AI chat or assistant you already use (saved projects, custom assistants or a saved prompt pack all count) + your Moment Desk.

Runs alongside: M1 and M2 run in Weeks 1 and 2 next to AI Made Simple; M3 onward picks up in Week 5, once your Moment has real material to automate.

You leave with: a glossary, 5 reusable prompts, one working “Moment Helper” agent, an artifact checklist, a clean Moment Desk and a finished offer you can test.

Module	Title	You make
1	Terminology	Your one-page glossary
2	Prompting	5 reusable prompts
3	Agents	Your Moment Helper agent, v1
4	Artifacts	An artifact checklist + “done” rules
5	Plugins	One add-on that saves time, or a clear “skip”
6	Connectors	One connected loop with an approval step
7	Organize	Your Moment Desk, upgraded
8	Finished Offer	One-page offer + one test pitch

From my life: I use AI agents like a team. They help me research, plan, write and stay organized. My rule: **agents draft, I decide.** Nothing gets posted, sent or paid for without my yes. You’ll build that same rule into your agent.

Module 1 • Terminology

Goal: name the pieces before you build, in your own words.

THE LESSON

- **Prompt:** the instructions you type.
- **Agent:** an assistant with a goal and steps, not just one reply.
- **Tool:** something the AI can use mid-task (search, calculate, format).
- **Artifact:** the file you can use, post or hand to someone: a caption set, a script, a summary.
- **Plugin:** an add-on inside one AI app. Optional.
- **Connector:** a bridge from the AI to your real accounts (files, email, calendar).
- **Approval step:** the moment a human checks the work before it goes anywhere.
- **Offer:** what you provide: who you help + the outcome + when.

DO IT (STEP BY STEP)

1. Rewrite each word above in one sentence you'd say to a friend.
2. Circle the three you'll use first (usually prompt → artifact → approval step).
3. Save as 06 Agents / glossary .

TEMPLATE • MY GLOSSARY

Word	My words	I'll use it for
Prompt		
Agent		
Artifact		
Connector		
Approval step		

Next action: explain “agent vs chat” to someone in one sentence.