

# Build a Learning Plan for Anything in 15 Days

*Use AI to Break Down Any Topic, Create Your Roadmap, and Start Actually Learning*

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This guide is designed to show you how to use AI to build a self-directed learning plan for *anything*. I don't care if you want to learn welding, Python, philosophy, or how to build a log cabin with hand tools—this process works. You'll be using AI as a tool, not a teacher. It's there to do the grunt work: help you break down a subject, find legit sources, test your understanding, and build a simple step-by-step plan. Each day is short on purpose. You can go faster if you want, but if you're slammed for time or just getting started, the daily format makes sure you don't stall out.

To get the most out of this, don't skip the prompts. Don't half-ass the answers. Type them, think about them, save them. By the end, you'll not only have a clear, actionable learning plan—you'll know how to build one for anything you want to learn in the future. You can use it for yourself, your kids, your team, whatever. This isn't theory. It's a practical system. Run it once and you'll see.

## Day 1 – Define the Subject and the Purpose

Today's goal is to pick what you want to learn *and* why. Don't overthink it—this isn't a contract, it's a starting point. You're simply telling yourself (and AI) what you're trying to learn and what you hope to be able to do with it. This is how you avoid rabbit holes and build a focused plan instead of just gathering info.

**Prompt to Use:** “I want to learn about [insert subject]. Help me define the scope of what to learn, ask me 5 questions one at a time to sharpen the focus and clarify what I want to be able to do.”

**Instruction for User:** Pick one topic. Run the prompt above. Save your answers. This is your anchor point. You'll refer back to it when the plan starts to sprawl.

## Day 2 – Identify Core Sources

Today, you're going to have AI help you find 3–5 top sources of learning in your topic. Books, YouTube channels, websites, podcasts, or expert blogs—it doesn't matter, as long as they're high quality and foundational. This is your short list of where real knowledge lives.

**Prompt to Use:** “Based on my learning goal from Day 1, give me a list of 5 high-quality sources to study: books, podcasts, YouTube channels, or expert blogs. Prioritize clarity and depth over popularity.”

**Optional Bonus Prompt:** “Find one long-form PDF, guide, or whitepaper I can upload to NotebookLM for deep study.”

**Instruction for User:** Skim the list AI gives you. Pick 3–5 to focus on. Save links, titles, and brief notes on why each one looks solid.

## Day 3 – Create a Short Learning Playlist

You're going to build a list of 5 to 10 podcast episodes or videos to start absorbing knowledge passively. Think lectures, expert interviews, or tutorials—not surface-level hype.

**Prompt to Use:** “Give me a list of 5 to 10 in-depth podcast episodes or videos related to my topic. Prioritize guest interviews, lectures, and tutorials with expert-level substance.”

**Instruction for User:** Save the links in a note. As you watch or listen, jot down anything that catches your attention. Don't analyze—just observe.

## Day 4 – Build a Skill Map

Now that you've gathered inputs, you're going to define what skills you need to learn. A good learning plan breaks big skills into smaller ones. AI can help.

**Prompt to Use:** “Based on what I’ve told you about my learning goal, break the topic into 5 to 10 key sub-skills I should learn or practice. Include both theory and hands-on components.”

**Instruction for User:** Copy the list into your plan. Add or remove any that don't feel relevant. This becomes your skills checklist.

## Day 5 – Create a Simple Progression Plan.

Today you're mapping the order of what to learn first, next, and later. Learning random pieces out of sequence wastes time. Let AI help sequence it for you.

**Prompt to Use:** “Take the list of sub-skills from Day 4 and organize them into a logical learning progression. Which ones should I do first, which ones come after, and which can wait?”

**Instruction for User:** Save the ordered list. This is your outline. You don't need exact dates, just flow.

## Day 6 – Generate a Starter Reading and Watching Plan

Today you're choosing your first few “active study” items—things you’ll actually read or watch, not just collect. These should map to your first few sub-skills.

**Prompt to Use:** “For the first 2 or 3 sub-skills in my learning plan, give me one book, one podcast, and one video to go deep with each. Link or cite the best option you can.”

**Instruction for User:** Pick at least one resource to start with. Save it to your plan. Don’t try to consume it all—just prep your launch pad.

## Day 7 – Design 3 Simple Practice Tasks.

Learning happens when you do something with the knowledge. You need tiny practice tasks to apply what you’re learning.

**Prompt to Use:** “Give me 3 simple practice tasks or projects I can do to apply the first 2 sub-skills in my learning plan. Prioritize hands-on, small-scale actions.”

**Instruction for User:** Pick one and schedule it. Don’t wait until you “know enough.” Learning by doing starts now.

## Day 8 – Create a Feedback Loop

You need a way to check if you're improving. That could be a quiz, a checklist, or asking an expert. Let AI help you build your first feedback tool.

**Prompt to Use:** “Create a 10-question quiz to help me test my understanding of the first 2 sub-skills. Ask one question at a time, and explain any wrong answers before moving on.”

**Instruction for User:** Take the quiz. Don't worry about getting it wrong every error is a bookmark for what to revisit.

## Day 9 – Simulate a Conversation with an Expert

Today you'll simulate a conversation with someone who knows what you're trying to learn. You'll use AI to get the insight of an expert without needing one in the room.

**Prompt to Use:** “Act as an expert in [your subject]. I'm going to ask you 5 questions about the sub-skills I'm learning. Answer in plain language, and ask a follow-up if my question is unclear.”

**Instruction for User:** Write your questions first. Then ask one at a time. Save any answers that help things click.

## Day 10 – Build a Personal Glossary

Every field has its own language. Today you'll start building a simple glossary of terms. This improves comprehension and speeds up future learning.

**Prompt to Use:** “Give me a list of 10 key terms or concepts I should understand at this stage of learning [your subject]. Include a one-sentence explanation for each.”

**Instruction for User:** Save the list. Highlight anything you don't fully understand. Ask follow-up questions on those terms tomorrow.

## Day 11 – Deepen Understanding Through Analogy

When something doesn't make sense, the best move is to ask for analogies. Today is about clarifying what's still fuzzy.

**Prompt to Use:** “For each of these terms I don't fully understand, explain it to me like I'm in tenth grade. Then give me two analogies from completely unrelated fields to help it stick.”

**Instruction for User:** Paste in any confusing terms. Keep the explanations that land. Delete the ones that don't help.

## Day 12 – Find the Experts and Their Patterns

Today you're going to identify who's at the top of this field and what they consistently say. Expert consensus is your shortcut to clarity.

**Prompt to Use:** “Give me a list of 3 to 5 respected experts in this subject. For each, find an interview or lecture and summarize the key insights they repeat often.”

**Instruction for User:** Skim the summaries. Look for patterns. When smart people keep saying the same thing, it's probably important.

## Day 13 – Draft Your Custom Learning Plan

You've built all the pieces. Now you're going to use them to write a short plan. This is the final output—something you can follow or hand to someone else.

**Prompt to Use:** “Based on everything we've built so far, help me draft a one-page learning plan for [your topic]. Include sub-skills, resources, sequencing, practice tasks, and checkpoints.”

**Instruction for User:** Save the plan. This is your map. You can now reuse this process for any topic, or modify this one over time.

## Day 14 – Build a Parallel Plan for Someone Else

To really lock in the skill, make a copy of the process and run it again for someone else. This could be a child, an employee, a partner, or a friend. Or just pick a second subject.

**Prompt to Use:** “I want to build a learning plan for someone else. The subject is [topic]. Help me run the same 15-day structure we’ve done, but make it beginner-friendly and practical.”

**Instruction for User:** Start a new doc. Use your existing prompts and plan as a template. Adjust where needed.

## Day 15 – Build a Toolkit for Future Use

Today you’ll create your own reusable toolkit: prompts, steps, habits, and reminders to use whenever you want to learn something new.

**Prompt to Use:** “Help me build a personal learning toolkit I can use anytime I want to learn a new topic. Include a checklist of steps, prompt templates, and tips for avoiding distractions.”

**Instruction for User:** Save your toolkit. Pin it. Bookmark it. You just built a learning engine. Use it again and again. Or share it with someone who needs it.