

YOUR AI SKILL GAP ASSESSMENT

You're at the start of the curve. Here's how to catch up — quietly.

Archetype: AI Aware

38 / 84

# Hello, AI Aware.

You know what AI can do. You've tried the tools. You haven't yet made AI part of your daily work. That's the gap — and it's the most common one we see at Iternal Academy. Here's what to do about it.

## What your score means

You scored **38 out of 84**, which places you in the **AI Aware** archetype. About 31% of professionals who take this quiz land here in 2026.

You're past the "I haven't started" phase. The next phase — "I use AI daily on real work" — is where the productivity gap to your AI-fluent peers closes. The good news is that this transition usually takes 6 to 8 weeks of light, consistent practice.

## How you compare

Among the 17,432 professionals who took this quiz in the last 30 days:

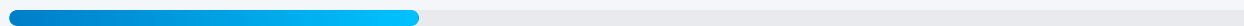
- 11% scored higher than you (AI Practitioner or AI Power User)
- 31% landed in your archetype (AI Aware)
- 43% scored lower (AI Curious)
- 15% have not yet completed

# Your skill-gap breakdown

We score four categories. Yours is what it is, but the order of which to fix first is what makes the catch-up plan efficient.

## CURRENT AI USE

**8** / 24



You're using AI occasionally. The next step is building it into a daily routine on real work, not just experiments.

## ROLE EXPOSURE

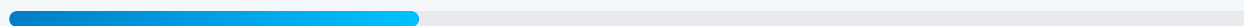
**14** / 24



Mixed exposure. AI will change parts of your job; the right tracks help you keep your role and absorb the gains.

## HABITS

**8** / 24



Practice is happening but inconsistently. A structured weekly schedule will compound fastest.

## PEER CONTEXT

**8** / 12



About average. Moving from average to top-quartile is the highest-EV career move in 2026.

## AI Aware

You've explored the tools. You know what's possible. You haven't yet built the habit that makes AI a daily reliable coworker rather than a "I should use this more" voice in your head. The gap is small but persistent, and the catch-up window is short. The cure is structured practice on real work.

### The three traits we see in AI Aware professionals

#### 1. You know what AI can do, in the abstract.

You can describe what ChatGPT or Claude is. You've watched the demos. You know roughly where AI is good and where it's still bad. This is more than 60% of professionals can say.

#### 2. Your practice is bursty, not daily.

You use AI a few times a week at most. Often it's because you remembered, not because it's part of your workflow. The "remembering" tax is what slows your gains.

#### 3. You're worried about looking like a beginner.

This is the most common reason AI Aware professionals stall. The fix is not technical — it's environmental. Practice privately for 4 weeks. The fumbling phase is short. Then you're past it.

# Your 6-week catch-up plan

Built for an AI Aware professional. 15 to 25 minutes a day. Aimed at moving you from "I know AI exists" to "I use AI on real work every day without thinking about it."

## WEEKS 1 TO 2

### Build the practice habit

Use AI on real work tasks 5 days a week. The goal is consistency, not quality. Don't worry if the output is mediocre.

- Pick one task type a day to delegate to AI (a draft, a summary, a list)
- Use a notes doc to track what worked and what didn't — you'll need it later
- Suggested Academy tracks: *Beginner's AI for Work* + your role-specific intro track

## WEEKS 3 TO 4

### Get good at prompting

The single biggest unlock for AI Aware professionals is moving from one-line prompts to structured, role-task-constraint-context prompts.

- Use the 100 AI Prompts library (delivered with this report) as your reference
- Pick one prompt category that matches your daily work and rotate through it
- Suggested Academy tracks: *Prompt Engineering 101* + the prompt library on Academy itself

## WEEKS 5 TO 6

### Make AI invisible in your workflow

The goal of weeks 5 and 6 is: stop thinking about AI as a separate tool. It becomes a step inside the work you're already doing.

- Pick three recurring weekly tasks and rebuild each with AI in the loop
- Measure: how much time did you save? Were the outputs as good or better?
- Suggested Academy tracks: deeper role-specific track + the workflow design module

## Where to start today

This 6-week plan was designed to work with Iternal Academy. The Academy has 910+ short courses (10 minutes each), organized by job role, with weekly content updates.

### For an AI Aware professional, we recommend:

1. **Day 1:** The "Beginner's AI for Work" track (90 minutes total, 9 lessons).
2. **Week 1:** Your role-specific intro track (varies by role: marketing, sales, ops, HR, finance, exec).
3. **Week 3:** "Prompt Engineering 101" (3 hours total, 18 lessons).
4. **Week 5:** Workflow design + the deeper role track.

### Try Iternal Academy free for 7 days.

Same plan above, fully unlocked, no credit card required.

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This report was generated based on your responses to the AI Skill Gap quiz. Your archetype and plan reflect 2026 benchmarks drawn from 17,432 quiz takers and public exposure data from MIT Sloan, Brookings, and the BLS. Your individual situation may differ. Use this as a starting point.