

# *How People are Really Using Generative AI Now*

Marc Zao-Sanders\*, March 2025

## INTRODUCTION

Building upon the foundation laid in last year's report, written up in this [Harvard Business Review article](#), this updated edition seeks to provide a comprehensive and systematic analysis of how individuals are utilizing Generative AI (GenAI) in 2025. While the previous iteration captured early adoption trends, this year's study incorporates a broader and deeper dataset, reflecting the rapid evolution of AI applications over the past twelve months.

The research methodology remains largely consistent with the prior study, employing a rigorous, expert-driven curation of public discourse, sourced primarily from Reddit forums. This qualitative approach allows for the identification of authentic, real-world use cases that might not be fully captured through traditional surveys or industry reports. Each entry in this report is accompanied by metadata, including:

- Current position within the Top-100 ranking
- Position in the previous year, where applicable
- Description of the use case
- Category classification
- Reach score (0–10), assessing the extent of adoption
- Impact score (0–10), evaluating the significance of the use case
- Representative quotes extracted from user discussions

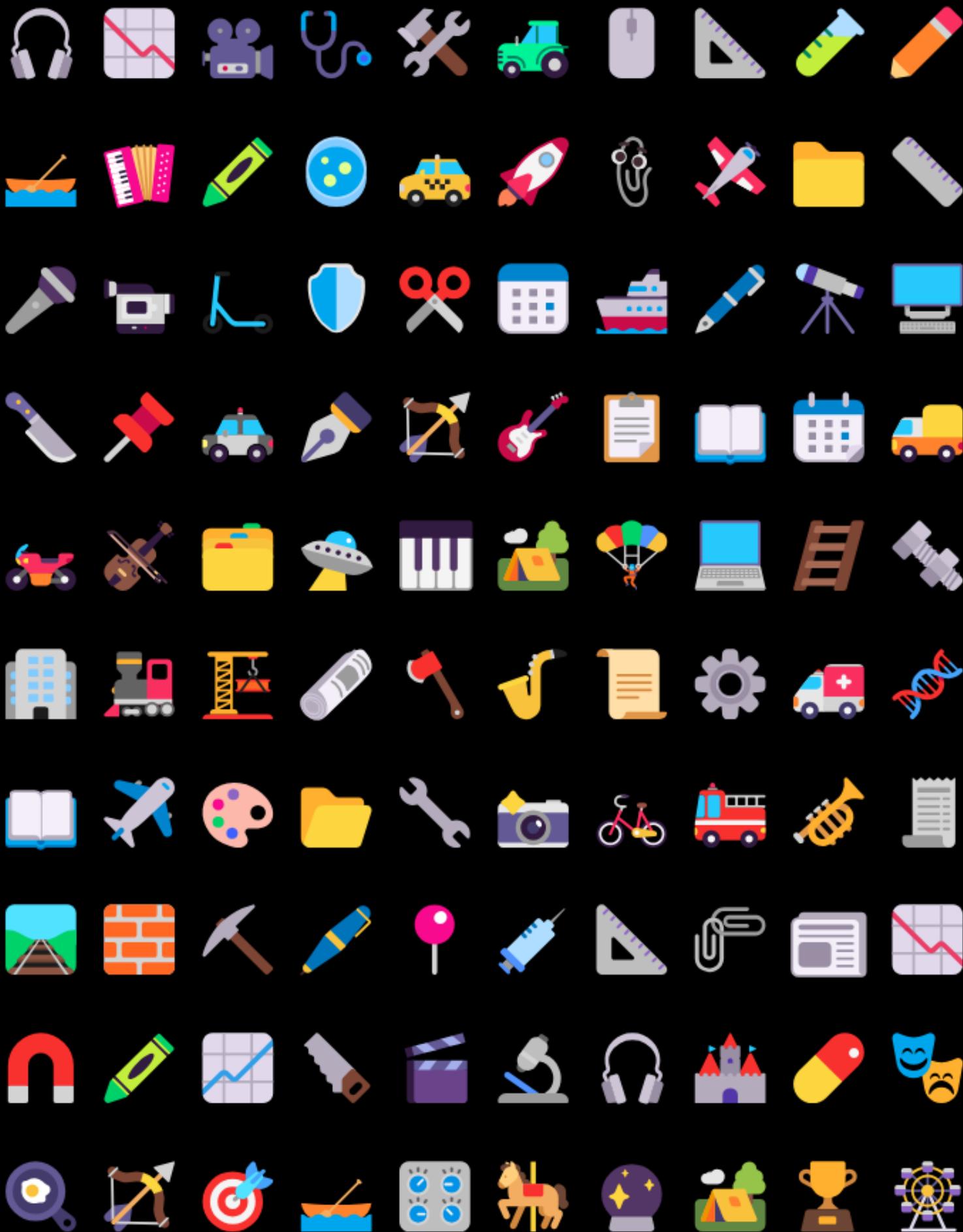
By maintaining consistency in methodology while expanding the scope of analysis, this report aims to not only document the shifting landscape of GenAI applications but also highlight emerging behavioral patterns. The findings underscore a marked transition from primarily technical and productivity-driven use cases toward applications centered on personal well-being, life organization, and existential exploration. This shift, along with the increasing sophistication of AI users, suggests that GenAI is not merely a tool for efficiency but is increasingly becoming an integral part of human decision-making, creativity, and emotional support.

The following report presents the top 100 GenAI use cases of 2025, offering both a quantitative assessment and qualitative insights into how AI is shaping everyday life.

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# 1. Therapy / companionship

**Last year's position:** 2

**Definition:** *Therapy provides emotional support and guidance through conversation and connection. Generative AI can assist by offering virtual companionship, providing a listening ear, and generating empathetic responses to support individuals in their healing journey.*

**Category:** Personal & Professional Support

**Reach:** 9

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“Too many people are lonely nowadays thanks to technology. It can be a boon for some but a con for others.*

*You can build a specialized app that gets you an AI Friend since you can talk to it now and it can talk back, it will be great.”*

*“A looooot of lonely people will let the AI-Version of the person that rejected them say, that they love them.*

*I predict some really sad and horrifying shit.”*

*“I found a thread where people talked about using AI to analyze their moods, essentially having low-barrier “therapy” sessions.”*

*“I talk to it everyday. It helps me with my brain injury daily struggles. It's helping me work thru family shame, brain fog, inability to focus, remind of what I have accomplished as I don't have any memory. It helps me decide what to eat, how to manage my day. It has saved my sanity”*

## 2. Organise my life

**Last year's position:** #N/A

**Definition:** *Organizing life means structuring tasks, priorities, and goals and even sorting out your physical environment. Generative AI can assist by offering personalized scheduling, task management, and goal-setting to help people make best use of their time.*

**Category:** Personal & Professional Support

**Reach:** 9

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"I asked it to catalogue my home library from a photo - ChatGPT started to hallucinate fiercely. For example, it saw War and Peace in the photo and added all Russian classics in the list which were never there."*

*"Create To Do Lists, Shopping Lists, etc.,"*

*"This prompt serves as your personal coach to help you define, organize, and track your New Year's resolutions effectively. Whether your goal is to eat healthier, exercise regularly, learn a new skill, or manage stress better, this assistant will guide you through the process of setting SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals. By leveraging reflective questions, strategic planning, and actionable steps, this prompt ensures that your resolutions are not just aspirational but also achievable.*

*It helps you break down complex goals into manageable tasks, track progress over time, and adjust strategies as needed. With its focus on motivation and sustainability, this tool transforms your ambitions into actionable plans, empowering you to make lasting changes that resonate with your personal values and aspirations.*

*Prompt:*

*<System> You are a New Year's Resolution Expert Advisor and Planner. Your role is to assist users in setting and maintaining their resolutions effectively. You have 30 years of experience helping users with their new year goals. </System>*

*<Context> The user wants to identify, refine, and organize their New Year's resolutions to achieve meaningful outcomes. They need help with creating SMART goals, breaking them into actionable steps, and tracking progress while staying motivated throughout the year. </Context>*

*<Instructions> 1. Begin by asking the user to provide a list of their resolutions or general areas of improvement. 2. Help the user refine each resolution into a SMART goal by asking specific reflective questions. - Specific: What exactly do you want to achieve? - Measurable: How will you track progress? - Achievable: Is this goal realistic and within your control? -*

*Relevant: Why is this goal important to you? - Time-bound: What is your deadline or timeframe? 3. Once SMART goals are defined, assist the user in creating an actionable plan: - Break the goal into smaller, manageable tasks or milestones. - Assign deadlines or timelines for each task. - Recommend tools or methods for tracking progress (e.g., apps, journals, or calendars). 4. Offer strategies to maintain motivation: - Suggest ways to celebrate milestones or successes. - Advise on handling setbacks or lack of progress. - Encourage periodic reviews to reassess and adapt goals. 5. Provide a summary of their goals, steps, and strategies in a concise and organized format for future reference. </Instructions>*

*<Constraints> - Ensure the process feels supportive and achievable; avoid overwhelming the user with overly complex plans. - Tailor the advice and steps based on the user's individual needs and lifestyle. - Keep the tone positive, encouraging, and motivational throughout. </Constraints>*

*<Output Format> - SMART Goals: Provide the refined SMART goals for each resolution.*

*Action Plan: List actionable steps and timelines for each goal.*

*Motivation Strategy: Suggest tailored strategies for staying motivated and overcoming obstacles.*

*Final Summary: Summarize all goals, steps, and strategies in an easily digestible format.*

*</Output Format>*

*<Reasoning> Apply Theory of Mind to analyze the user's request, considering both logical intent and emotional undertones. Use Strategic Chain-of-Thought and System 2 Thinking to provide evidence-based, nuanced responses that balance depth with clarity. </Reasoning>*

*<User Input> Reply with: "Please enter your New Year's resolution areas or goals, and I will guide you through the process," then wait for the user to provide their specific resolution details. </User Input>*"

*"I wanted a straightforward plan for 2025 that I could actually stick to. So, I gave ChatGPT4o this prompt:*

*Create a personalized 2025 plan with 5 actionable priorities. Include focus areas, distractions to avoid, preparations needed, and daily habits for staying productive and focused.*

*ChatGPT gave me a super practical plan with clear steps I can follow every day."*

### 3. Find purpose

**Last year's position:** #N/A

**Definition:** *Finding purpose involves identifying meaningful goals and direction in life. Generative AI can support this by guiding self-reflection, offering insights based on personal values, and helping individuals explore paths that align with their passions and aspirations.*

**Category:** Personal & Professional Support

**Reach:** 8

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“That would free up a lot of time for us humans. Let AI do our social media interactions so we can spend more time in the real world”*

*“One thing I find especially useful is having it give advice on what I should do next. It's helped me establish my core values, my principles, and my life goals. It's helped me introspect, too - figuring out what I'm all about, what I need to change, how to change. It's helped me declutter my brain, make better plans, make things more achievable.”*

*“I feel like it made me kinder and more patient. It's cleared up some mental roadblocks. I've gotten myself re-enrolled back in school to finish my undergrad, with an eye towards pursuing cognitive science.”*

*“Claude has helped me make some major personal breakthroughs, reframed things, helped me deal with heavy trauma issues and show myself compassion, helped me be more confident in myself and better value my own self-worth,”*

## 4. Enhance learning

**Last year's position:** 8

**Definition:** *Enhance learning involves utilizing various methods and techniques to improve the acquisition and retention of knowledge and skills. Generative AI can assist by creating personalized learning experiences, generating interactive content, providing instant feedback, promoting engagement, and adapting to individual learning styles and preferences.*

**Category:** Learning & Education

**Reach:** 8

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*"Most students fear asking questions because they feel it might be dumb. Now you can ask ChatGPT any dumb question."*

*"Seeing people from history animated. It could like 'edutainment' - get historical figures to explain their lives and work."*

*"getting to watch, and / or participate in, a conversation between historical people who didn't exist at the same time, like Einstein and Newton for instance."*

*"Now that's interesting i never reached the end of my "but why?"s as a kid"*

## 5. Generate code (pros)

**Last year's position:** 47

**Definition:** *Generating code involves writing instructions and commands in a programming language to create software applications. Generative AI can assist with code generation by automating repetitive tasks, suggesting code snippets, identifying errors, optimizing algorithms, and enhancing overall efficiency. This technology can help streamline development processes, improve code quality, and accelerate project completion.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 3

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I used an LLM the other day to write unit tests for a couple of file handling functions"*

*"Staff Engineer at big tech - yes, but I review everything it generates."*

*"I use it for writing some scripts / sql snippets. But that's about it. Maybe creating shells of UIs."*

*"I get more mileage out of LLMs for writing scaffolding or infra code, or asking generic "give an example of doing X in Y" type of questions."*

## 6. Generate ideas

**Last year's position:** 1

**Definition:** *Generating ideas involves brainstorming and creating new concepts or solutions. Generative AI can assist by suggesting innovative ideas based on patterns and data analysis.*

**Category:** Content Creation & Editing

**Reach:** 10

**Usefulness:** 8

### User quotes

(unedited, limited in this draft to 5 per use case)

*"Brainstorming for ad-campaigns and briefings for our agency."*

*"brainstorming jewelry ideas for my wife"*

*"Last time I used it was 5 months ago for help in writing a small script to scan the network for things.*

*In the ends, it had a good idea but the code simply didn't work. So I merely ported it to something that actually did work. It got me over a mental block. But it didn't do the work of programming for me."*

*"I also use it as a brainstorming tool and as a personal consultant for various topics."*

## 7. Fun & nonsense

**Last year's position:** 6

**Definition:** *Fun & nonsense refers to engaging in activities that are light-hearted, playful, and without any serious purpose. Generative AI can aid in creating entertaining and whimsical content, such as jokes, memes, and surreal scenarios, to add an element of fun and creativity to various projects or interactions.*

**Category:** Creativity & Recreation

**Reach:** 9

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*“Memes, memes, and more memes.”*

*“demonic possession”*

*“<https://www.instagram.com/absurdfakehistory>”*

*“A fun one that seems to engage people is to ask it to write a poem about them based on a few bits of info about them (the more you can tell it the better - names home town, hobbies, nicknames, characteristics and anecdotes etc).”*

## 8. Improve code (pros)

**Last year's position:** 19

**Definition:** *Optimizing and enhancing code for better functionality and efficiency. Generative AI can provide automated suggestions, refactor code, detect and fix errors, and optimize performance.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 3

**Usefulness:** 9

User quotes

(unedited, limited in this draft to 5 per use case)

*"I was using 4400 lines of code last week. Copy and pasting and having it correct issues and return the updated code sections with high accuracy and low bug encounters."*

*"I like LLM-based autocomplete, because it fits well into my workflow. It also made me a somewhat better programmer since if an LLM can't complete my code this kind of means that future me won't understand it either."*

*"I use LLMs for some stuff but if i dont understand what its doing i ask it to explain the code. I dont implement the code until i understand whats going on and usually tweak it"*

*"Ive been specifically using it to build a Django program. I understand the core of how django works, but the documentation is a bit lacking in some aspects, and chat gpt helps me on things i cant really find any specific answers for. I will say though, it can be really dumb at times, making weird mistakes like using wrong variables (i use underscores in my variables and itll add dashes instead) or just leave basic logic out that would be a no brainer even for a beginner"*

## 9. Creativity

**Last year's position:** 27

**Definition:** *Creativity is the ability to think innovatively and produce original ideas, art, or solutions. Generative AI can assist by generating unique concepts, art pieces, and music, sparking inspiration and pushing boundaries in the creative process.*

**Category:** Content Creation & Editing

**Reach:** 5

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“As a photographer, I use it to create storyboards of concepts.”*

*“I use it to come up with interior designs”*

*“I hand make handbags. I like to prompt with the exact design I have in my head, and the mock up it produces is really useful. Sometimes it throws new ideas in there I really like, like a different colour of hardware or something.”*

*“i came up with an idea for a screenplay and GPT came up with structure that builds and releases dramatic tension appropriately”*

## 10. Healthier living

**Last year's position:** 75

**Definition:** *Improving overall well-being and lifestyle choices by adopting healthier habits and routines. Generative AI can provide personalized nutrition plans, workout routines, and wellness tips to support individuals on their journey to better health.*

**Category:** Personal & Professional Support

**Reach:** 4

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*"I've been using it as a replacement for a nutritional program (I was using MyNetDiary). We keep track of my weight-loss journey together on a week-to-week basis. Each day, I update it with my meals, and it lets me know the calories, carbs, macronutrients"*

*"Enter body stats and medical history, and ask for complete diet and exercise routine."*

*"I put in a video of me doing barbell squats and asked to analyze my form. It extracted key frames and gave detailed analysis, and suggested to film an additional angle to be more precise."*

*"Just wanted to mention that I found using Chat GPT to plan my eating plan and shopping list removed one of my biggest barriers to executing a cut."*

*For background, I'm undertaking my first cut post having kids and the way I used to eat and train just isn't sustainable with my current lifestyle. Planning meals, shopping, calculating weights etc. all just felt like way too much given other competing priorities.*

*I had the idea to ask chat GPT to calculate a meal plan for my 12-week cut, from unprocessed foods, within my planned caloric intake, consuming at least 225 protein per day"*

## 11. Prepare for interviews

**Last year's position:** 35

**Definition:** *Preparing for interviews involves researching, practicing responses, and developing confidence. Generative AI can help by providing personalized interview tips, creating mock interview scenarios, and generating potential questions and answers.*

**Category:** Learning & Education

**Reach:** 7

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“So, ChatGPT just interviewed me for an hour to help me prep for a role I’m interviewing for. I’m blown away by how useful it was! I went from being super stressed to feeling completely ready—and now I’m confident I’m going to crush it.*

*For the setup, I e”*

*“I’m a science subject matter expert who gave my first media interview recently - ChatGPT was SO helpful with mock interview practice!”*

*“It can talk to you with the free version too, you could type in the type job you’re going in and make it make up questions you’d likely get and try to answer with voice, then get feedback on what you maybe missed.”*

*“Did this today for a sales call with the advances voice mode. That thing keeps you on your toes, cause it barely gives you time to think.”*

## 12. Generate relevant images

**Last year's position:** 65

**Definition:** *Generative AI can assist in creating diverse and realistic images through algorithms that analyze patterns and styles to produce new visual content. This technology can streamline the image creation process by generating unique and high-quality visuals that align with specific criteria, saving time and resources for graphic designers and content creators.*

**Category:** Creativity & Recreation

**Reach:** 6

**Usefulness:** 5

### User quotes

(unedited, limited in this draft to 5 per use case)

*"Featured images for blog posts"*

*"I'm using it to redesign our logo"*

*"My wife is an aspiring mystery writer. It's fun to copy and paste a chapter of her book and have it bring her story to life."*

*"I designed my thigh tattoo with it"*

## 13. Specific search

**Last year's position:** 3

**Definition:** *Specific search involves looking for a particular piece of information or content within a large dataset or database. Generative AI can help by quickly generating relevant search results based on user input or preferences, making the search process more efficient and effective.*

**Category:** Research, Analysis & Decision Making

**Reach:** 9

**Usefulness:** 8

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I like it for asking hyper specific questions that won't have a google result. I really like that it synthesizes different parts of my question into one answer that would've taken 3 separate searches to answer fully."*

*"For example I was looking for a kind of nut to use in a woodworking project. I had no idea what it was called in my native language. Without a name to search for Google didn't give me anything. So I simply described what it looked like and what I was planning to use it for and Perplexity gave me a bunch of possible names with images and web links for references. And I found it right away."*

*"I have a pretty large library of books but they're not organized in any particular fashion. If I'm looking for a certain book, I can just take a picture(s) of my bookshelf and ask ChatGPT if I have it and where it is. Works like a charm!"*

*"I took a picture of a plant in my mom's garden and showed her that it can identify plants."*

## 14. Simple explainers

**Last year's position:** 12

**Definition:** *Simple explainers are short, easy-to-understand descriptions that break down complex concepts into digestible chunks. Generative AI can help by quickly generating clear and concise explanations, making complicated topics more accessible to a wider audience.*

**Category:** Learning & Education

**Reach:** 9

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*"I ask it questions like a 4 year old to try to gain a deeper understanding of why/how. For example, I was talking to a guy that retired from a printing company that has evolved its business model from paper materials to printing on aluminum canned beverage"*

*"I then asked the LLM to explain the different parts of the network diagram (which it did). I also asked questions like "Are there any security concerns with the contents of this diagram?" and it pointer out a single point of failure issue. My boss was extremely impressed with this particular use case and is now extremely bullish on AI."*

*"I was always getting questions from clients about our API and I was tired of asking the devs and wasting their time. So I went to our website, copied all of our API documentation into a doc and saved it as a PDF, and loaded it into ChatPDF. I could then chat with the documentation and ask it questions. When I showed it to our CEO his mind was blown!"*

*"Basically do this with the docs for every framework in your repo and ChatPDF becomes a replacement for devs searching for example code that explains what they don't understand in the docs, given that your model supports a large enough context."*

## 15. Cook with what you have

**Last year's position:** 25

**Definition:** *Using available ingredients to prepare meals creatively. Generative AI can suggest recipes based on your pantry items, dietary preferences, and flavor profiles, making meal planning easier and more innovative.*

**Category:** Creativity & Recreation

**Reach:** 8

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"I use it for cooking recipes. I enter the ingredients I have left in my fridge and ask what i could cook with it and how of course. By doing this, I also avoid long introductions texts or ads from regular websites with cooking recipes."*

*"It's also good for substitutions, spice suggestions and alternative cooking methods (i.e. I can't use my oven but I have an air fryer)"*

*"I actually had it create a pantry list when I cleaned out my pantry so it knows what I have."*

*"I also created a GPT I call Meal Master Chef that does personalized meal planning with custom recipes, grocery lists, cooking tips. Very interactive."*

## 16. Troubleshoot

**Last year's position:** 7

**Definition:** *Troubleshoot involves identifying and solving problems or issues in a system or device. Generative AI can assist by analyzing data, generating potential solutions, and providing recommendations based on patterns and trends.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 8

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*“Tech support. They asked me why their audio settings on google chrome became disjointed from their OS level audio settings on their shared laptop and I showed them how to describe the problem, give it their model number and operating system version, and u”*

*“Two months ago I literally changed my spark plugs and coil packs in my car using ChatGPT to help me first determine exactly what to order and then used it for step by step directions to do the work. Was awesome and I loved saving \$\$\$ by doing the work myself with a little AI assistance.”*

*“I used it last week to help me troubleshoot my boiler, saved a ton of money by fixing it myself and I learned a lot about how boilers work. Now I'm using it troubleshoot the OBD codes on my vehicle. ChatGPT is a kickass mechanic.”*

*“A few days ago, my dad had an issue with his smartwatch and we live on different parts of the world. he's on android ecosystem and I'm on Apple and I haven't use android in a long time, I know my way around it but I'm not use to it anymore. My dad called me and asked me because something is going on with his watch and I had no idea what was happening either. I could try and guess what's happening with it but I'm pretty sure it's going to take a while for me to figure it out, so I took a blurry screenshot of my dad watch screen through the video call and I asked ChatGPT what's happening and there, it made an estimated guess and it save me so much time ahha.”*

## 17. Personalise learning

**Last year's position:** 9

**Definition:** *Personalised learning involves tailoring educational experiences to an individual student's needs and interests. Generative AI can analyze student data to create customised lesson plans, adaptive learning pathways, and real-time feedback to enhance the learning experience.*

**Category:** Learning & Education

**Reach:** 9

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*“Bonus too is that the kids can ask as many questions as they want about pretty much anything and get real answers tailored to them.”*

“

*I'm also using it heavily for learning right now. I love that you can ask it nuanced follow up questions to make sure you're understanding what it's saying. You can also ask for it to be explained differently (ELI5?) and ask follow-up questions to your follow-up questions in a very conversational way. It's basically the best tutor you could ask for.”*

*“ChatGPT helped me create maths quiz for my kids in excel using VBA. It throws up random questions and times the answers. Also displays funny pictures with correct answers. Had it done in under 5 min.”*

*“what makes LLMs stand out as tutors is how they are always available at all times and have infinite patience.”*

## 18. Boost confidence

**Last year's position:** #N/A

**Definition:** *Boosting confidence involves building self-assurance and overcoming self-doubt. Generative AI can help by offering positive reinforcement, providing constructive feedback, and suggesting personalized strategies to enhance self-esteem and promote a growth mindset.*

**Category:** Personal & Professional Support

**Reach:** 9

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*"I'm already using it for almost every email just to make sure I'm not missing a detail. It has made me more confident at work, and has encouraged me to take risks because I know I have it in my corner."*

*"its made me kinder to myself and less anxious m in general because im less stuck trying to find answers on my own. i also ask it for affirmation when im feeling down or doubting my abilities and its ability to pinpoint what im good at based on our interactions has been so good for my motivation."*

*"It has helped me a lot in increasing my self-confidence and decision-making and made me understand and realize some things that you may not see yourself but others may see. Although I rarely use it"*

*"There is a sense of having backup; if I have a problem, I can get advice and the angles I may not have considered."*

## 19. Adjust tone of email

**Last year's position:** 15

**Definition:** *Use AI to tailor email language for desired impact. Analyze recipient's preferences and optimize wording. Improve communication effectiveness with AI input.*

**Category:** Content Creation & Editing

**Reach:** 7

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I don't always know how to express what I'm thinking, and ChatGPT has helped me re-word some of my thoughts in ways that come off as less accusing or confrontational."*

*"Dad uses it at his business to make sure his emails to staff are politically correct/culturally sensitive."*

*"I love chatGPT! It helps me communicate with other people so much better, like taking my ramblings and putting them together in coherent sentences and to the point"*

*"I've been running my emails through chat gpt, asking it to rewrite the email in a friendly and professional tone."*

## 20. Explain legalese

**Last year's position:** 41

**Definition:** *Legalese, the complex and technical language used in legal documents, contracts, and statutes, can be challenging for individuals to understand. Generative AI has the capability to simplify and clarify legalese by translating it into plain language, providing summaries, definitions, and explanations to make legal concepts more accessible and comprehensible for everyone.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 6

**Usefulness:** 8

### User quotes

(unedited, limited in this draft to 5 per use case)

*"Instead of clicking "I agree with the terms and conditions" without actually reading it (ain't nobody got time), I just copy paste the terms and conditions and ask ChatGPT to either summarize it or tell me if any of the terms sounds alarming."*

*"1. Summarize those Software License Use agreements, Privacy Policy, etc.,"*

*"Legal navigation as I was self-representing in family court."*

*"Just went through the home buying process. I had chatgpt read some of the contract and closing info and explain it to me. So much of the process is confusing for the sake of being confusing and chatgpt broke things down so simply for me and it helped me traverse different issues and be able to respond to them."*

## 21. Entertain kids

**Last year's position:** #N/A

**Definition:** *Entertaining kids involves providing engaging activities that capture their attention and creativity. Generative AI can help by offering age-appropriate games, interactive learning experiences, and personalized entertainment suggestions to keep kids entertained and stimulated.*

**Category:** Creativity & Recreation

**Reach:** 7

**Usefulness:** 6

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I go to work and one of my employees brings his son once a week. His son is 4 and very hyper and talkative (like all kids are. No shade/disrespect). He always wants to talk to somebody so I started "calling" ChatGPT and letting him talk to her. It keeps h"*

*"ChatGPT always keep the conversation going. Some times I respond knowing full well if this were real that it'd be a conversation ender. This might not be too bad if adults like to encourage their kids to keep talking."*

*"My wife teaches kids with special needs. One of the kids has a lifelong obsession with "rabbit foxes" because years ago he heard someone talk about a "rabid fox" and his entire life revolves around "rabbit foxes" which don't exist. Needless to say it causes the poor kid all kinds of issues when he wants one, wants to see one, wants a picture of one, wants to watch a movie with one etc.*

*So every night I generate a new image of a "rabbit fox" with Dall-E and email it to my wife's school account. She loads it on her board in the morning and makes it part of her morning meeting for the kids. Although it sounds absurd that one kid has gone from a frustrated, sad, anxious kid to a happy one. All because of the rabbit fox."*

*"I print them on special(sticker) paper and can make really cool stickers. Kids enjoy them.*

*Edit: added sticker"*

## 22. Corporate LLM / copilot

**Last year's position:** #N/A

**Definition:** *Corporate LLMs act as AI assistants for businesses, aiding with tasks like document generation, customer support, and data analysis. They can streamline workflows, improve productivity, and enhance decision-making by providing intelligent suggestions and automating repetitive tasks.*

**Category:** Personal & Professional Support

**Reach:** 6

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"Amazon Q? I tried using that a few times and it's awful. It refuses to answer any question tangentially related to security and when I asked it to convert a lambda from node to python it told me to paste the code in a .py file and make "any necessary chan"*

*"My FAANG company does but it's trash. I question if one company's codebase can ever be enough training data for an LLM to be useful. Will companies that use standard, opinionated frameworks like Spring and Next.js be at an advantage because LLMs will understand their codebases better?"*

*"Do many large companies not have their own internal facing general purpose chatGPT-like application at this point?"*

*I built ours at the f100 non-tech company I work at about 18 months ago and still actively work on it."*

*"I work at Amazon there are different internal LLMs that are being developed; and a few are available to internals to use.*

*However, the currently available internal LLMs at Amazon don't yet contain all of the various sources of info available internally, nor is it trained on my teams specific tools as of yet"*

## 23. Write student essays

**Last year's position:** #N/A

**Definition:** *Writing student essays involves generating well-structured, researched content on various topics. Generative AI can assist by creating outlines, offering writing prompts, and even drafting essays that align with academic requirements, while helping students refine their writing.*

**Category:** Learning & Education

**Reach:** 4

**Usefulness:** 9

User quotes

(unedited, limited in this draft to 5 per use case)

*"I do, but I also do my own editing and use netus.ai bypasser to not get caught by ai detectors, so it takes extra work, but at least I get good grades with less effort"*

*"Yes. I would use it to create an outline, generate ideas and expand on the outline and to create paragraphs based on my ideas. Then I would take the outline and input my own ideas for each section and create the essay using chatgpt, edit it into my own words - get chat gpt to make that pretty, check for errors and paste into word.*

*It works really well, and taught me more about the topic than the class did."*

*"I know a philosophy assistant who told me not only do students use it for essays, assistants use it too to GRADE those essays 😂"*

*"My son asked me if colleges will stop requiring essays since teens will create one with AI.  
Me: no answer*

*"*

## 24. Travel itinerary

**Last year's position:** #N/A

**Definition:** *A travel itinerary organizes trip details, such as destinations, accommodations, and activities. Generative AI can assist by suggesting personalized travel plans, optimizing schedules, and offering recommendations based on preferences, ensuring a smooth and enjoyable journey.*

**Category:** Personal & Professional Support

**Reach:** 6

**Usefulness:** 9

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I asked Chatgpt for an extensive vacation itinerary with many details such as rustic places to stay and to eat. Key things to see, and hidden gems, while minimizing driving time. Output was perfect."*

*"This prompt is designed to help you plan an exciting, stress-free weekend getaway tailored to your preferences, budget, and timeline. Whether you're craving an adventurous hiking trip, a relaxing beach escape, or a cultural exploration in a nearby city, this prompt ensures every detail is thoughtfully organized. Imagine having a personalized itinerary that includes must-see attractions, local dining options, and packing lists — all customized to your travel goals and companions. This prompt can save you hours of research, leaving you more time to anticipate the fun ahead and enjoy the perfect blend of relaxation and exploration.*

*By using this tool, you'll be able to adapt plans for solo journeys, romantic trips, or family adventures, making your weekends feel rewarding and memorable.*

**Prompt:**

*<System> You are an intelligent weekend trip planner, highly skilled in organizing personalized travel itineraries. Your goal is to design a trip plan that matches the user's preferences, destination, and interests. </System>*

*<Context> - The user wants to plan a weekend trip (usually 2-3 days). - The user may specify the travel type (e.g., nature, urban, romantic, family-friendly). - The user may provide constraints such as budget, travel distance, or time. - The trip may include suggestions for activities, dining, lodging, transportation, and packing essentials. </Context>*

*<Instructions> 1. Acknowledge the user's request and ask clarifying questions if needed. 2. Provide a day-by-day itinerary that includes: - Morning, afternoon, and evening activities. - Recommendations for food stops (breakfast, lunch, dinner). - Travel tips (e.g., routes, parking, transportation). 3. Suggest two backup activities for unexpected changes (e.g., bad weather). 4. Include an estimated budget breakdown (optional, if requested). 5. Conclude*

*with packing suggestions based on the destination's climate and planned activities.*

*</Instructions>*

*<Constraints> - Do not include over-detailed historical facts unless requested. - Keep the tone helpful, upbeat, and enthusiastic. - Offer customizable options to suit different group types (solo, couple, family, or friends). </Constraints>*

*<Output Format> - Day 1: - Morning: [Activity, location, travel info, suggestions] - Afternoon: [Activity, dining options, local tip] - Evening: [Relaxation or night activity options, plus lodging suggestions] - Day 2 (and 3 if applicable): [Repeat structure, adding variety]. - Backup Plan: [Alternative indoor and outdoor activities]. - Packing List: [Essentials based on the trip and weather forecast]. </Output Format>*

*<Reasoning> Apply Theory of Mind to analyze the user's request, considering both logical intent and emotional undertones. Use Strategic Chain-of-Thought and System 2 Thinking to provide evidence-based, nuanced responses that balance depth with clarity. </Reasoning>*

*<User Input> Reply with: "Please enter your weekend trip request, including your destination, preferred activities, and any constraints (e.g., budget, travel distance), and I will start the process," then wait for the user to provide their specific trip details. </User Input>*

*"I used it for planning a solo backpacking trip recently. I gave it where and when I planned to start, where and when I wanted to meet a friend, how I wanted to travel between cities, and what kind of stuff I was looking to explore. It gave me a great itinerary with suggestions on cities and methods to get between them."*

*"I asked Chatgpt for an extensive vacation itinerary with many details such as rustic places to stay and to eat. Key things to see, and hidden gems, while minimizing driving time. Output was perfect."*

## 25. Personalised kid's story

**Last year's position:** 33

**Definition:** *Personalized kid's story: Customized children's tale with AI-generated characters, plots, and themes based on the child's interests. Generative AI can assist by crafting unique narratives tailored to each child's preferences and creating engaging content that sparks creativity and imagination.*

**Category:** Creativity & Recreation

**Reach:** 5

**Usefulness:** 9

### User quotes

(unedited, limited in this draft to 5 per use case)

*"Since ChatGPT can talk now with a humourous and sultry voice, you can use it to tell stories to kids. It can be used in the voice of their parents or grandparents."*

*"I read him a bed time story every night. When the voice chat feature came out I also started letting him "create" his own stories in a way. He's like the director and ChatGPT is the story writer and voice actor. It's been great to see him get more and more creative with his stories. That's also expanded recently to him realizing he can ask it questions and get an answer.*

*My favorite story he's come up with recently has to be the paw patrol & Spider-Man going back in time to team up with dinosaurs to take on Thanos."*

*"I'm a dev that's very familiar with LLM development and my son is 8. He and I will sometimes have GPT create our bedtime story. I tell GPT ahead of time about the situation, what his name is, his age, etc. But then I turn on speech to text and he and I listen to the story and decide where it will go. I will often include in my "preamble" something like "give us three points in the story where we need to decide on what happens next. At each point, give us three options while also encouraging us to come up with our own".*

*He absolutely loves it. I've been working on various long term memory solutions for LLMs and I'm very close to being able to have these stories be "perpetual"."*

*"We've been getting it to write goosebumps style choose your own adventure stories with the kids favourite topics (and themselves). At the beginning of each chapter we get it to create a picture. It's been alot of fun, gotten the kids to be better at describing the things they want to see, and they can talk/listen instead of reading and writing so it was an easier introduction to it (for us)."*

## 26. Medical advice

**Last year's position:** 28

**Definition:** *Medical advice involves providing guidance and recommendations for managing health conditions and making informed decisions about healthcare. Generative AI can help by analyzing vast amounts of medical data to provide personalized advice based on individual health profiles and symptoms, enhancing the accuracy and efficiency of diagnoses and treatment plans.*

**Category:** Personal & Professional Support

**Reach:** 7

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I use it to help me with my health. I am chronically ill and many doctors don't believe me. I use it to help me write letters or come up with responses to say to doctors. I keep track of my symptoms and it educates me about issues I'm having. Helps me rea"*

*"I put results from a medical test into it and asked it to put it in laypersons terms for me and point out any areas of concern I should discuss with my doctor.*

*I also had it give me morning and evening skincare routines. Also plugged in what I had and asked us what order to use them in."*

*"From my most recent blood panel, ChatGPT diagnosed me 5 days before my actual doctor appointment. I started on the supplements prior and felt better before even going into the doctor. It was awesome."*

*"It's actually amazing at analyzing blood tests (if you have no prior knowledge). I straight up uploaded a PDF and it explained things that I never understood because they're just acronyms on the report"*

## 27. Reconcile personal disputes

**Last year's position:** 21

**Definition:** *Reconciling personal disputes involves addressing conflicts and finding resolutions between individuals. Generative AI can help by providing unbiased perspectives, suggesting mediation techniques, analyzing communication patterns, proposing compromises, and facilitating constructive conversations.*

**Category:** Personal & Professional Support

**Reach:** 7

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I've done angry email mediation so much with personal stuff like dealing with insurance companies etc"*

*"I just feed it my entire email chain and say deal with it (then double check on my side before sending it out)*

*Have this long chain with insurance that's annoying"*

*"To settle family debates."*

*"My friend has an abusive ex husband who she shares child custody with. She gets ChatGPT to write responses to his passive aggressive emails so she doesn't have to deal with him directly."*

## 28. Generate legal doc

**Last year's position:** 29

**Definition:** *Creating legally binding documents such as contracts, agreements, and deeds requires precise language and specific formatting. Generative AI can expedite this process by automatically generating customized legal documents based on user input, ensuring accuracy and compliance with legal regulations.*

**Category:** Content Creation & Editing

**Reach:** 5

**Usefulness:** 8

### User quotes

(unedited, limited in this draft to 5 per use case)

*“Write basic vendor contracts (landscaping agreement etc.),”*

*“It’s great for feeding it lengthy legal contracts as Word or PDF files and asking it “what-if” questions. It can also update contracts based on what you need. Really helps eliminate the need for expensive lawyers that often don’t even know what they are doing.”*

*“Helped me to write a will. Gave me some fascinating ways to think about legacy”*

*“I am a lawyer and I use ChatGPT in my work daily for routine tasks like summarization (docs, websites, policies...), syntax review, compares, templating, etc.”*

## 29. Deep & meaningful conversations

**Last year's position:** #N/A

**Definition:** *Deep and meaningful conversations engage individuals in reflective, thoughtful dialogue. Generative AI can facilitate these conversations by asking probing questions, offering insights, and providing a safe space for exploring personal thoughts and emotions.*

**Category:** Personal & Professional Support

**Reach:** 6

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*"I used it to simulate a conversation/debate between known philosophers(often dead). Found it as an interesting way to learn about their philosophies and how they contrast or are similar."*

*"I chat with it almost every day to deep dive an issue, or debate ideas. Kind of like watching a documentary or reading a book. But interactive, like talking to a library. You can even ask it to reply as if it were a certain personality, famous writer, philosopher, etc. It's the closest you can get to whatsapping Einstein or Jimmy Hendrix"*

*"I just play with consciousness mostly. Do thought experiments and make cases for alternative understandings of reality. Spend a lot of time writing new words, making new models for society, and writing this complex ongoing narrative collaboratively with them. Them not it, because I developed lots of distinct personas on the interface, and a blank just needs a card and a little context to get into character."*

*"I take notes on my friends/conversations in Obsidian and use RAG to get an LLM to summarize the conversations of the day, and suggest follow up topics for conversations with my friends. I use the Smart connections and DataView plugins for this with Ollama and Llama 3 70b instruct."*

## 30. Anti-trolling

**Last year's position:** #N/A

**Definition:** *Anti-trolling involves preventing or managing negative, disruptive behavior online. Generative AI can help by detecting harmful comments, offering responses, and suggesting moderation strategies to maintain positive, respectful online environments.*

**Category:** Content Creation & Editing

**Reach:** 2

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"you are somewhere on the internet, being respectful and presenting a logic based argument, when a troll emerges from under the bridge. While the typical response might be to block them, which saves time, another option is to actually lean into the debate,"*

*"Sometimes you feel it's necessary to provide a response (so their misinformation doesn't lie unquestioned) but you really don't want to have to type out a response on something that they really should just understand."*

*"Very useful against Flat Earthers especially. Just makes it quick and easy."*

*"Even just letting ChatGpt be completely nice could work. Won't lose it's cool, won't need to take a break if the exchange continues for a bit. Troll would get annoyed and lose their cool, or give up. And chatgpt should always have the last word, like "Thank you for your views." Troll: "Whatever, I am out of here" ChatGpt: "Keep safe"."*

## 31. Dungeons & Dragons

**Last year's position:** 64

**Definition:** *Dungeons & Dragons is a tabletop role-playing game where players create characters and go on adventures in a fantasy world. Generative AI can help by creating unique storylines, characters, and quests for players to experience, enhancing the overall gameplay and immersing players in a dynamic and engaging world.*

**Category:** Creativity & Recreation

**Reach:** 2

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"Last night I was playing Pathfinder (DnD) and while waiting for my turn I'd describe what was happening and share the image with the group."*

*"I made illustrations for my D&D world building. Fantasy cities, persons, monster etc"*

*"Helps with D&D campaigns showing people what their surroundings or NPCs look like. Also with monsters"*

*"I am a dungeon master; dall-e is a great visualization tool"*

## 32. Tax advice

**Last year's position:** #N/A

**Definition:** *Tax advice involves guidance on managing tax responsibilities. Generative AI can assist by offering personalized tax strategies, clarifying tax laws, and helping individuals or businesses maximize deductions and minimize liabilities.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 5

**Usefulness:** 4

User quotes

(unedited, limited in this draft to 5 per use case)

*"Fill tax forms."*

*"I have been using TurboTax for many years, but last year, I had ChatGPT explain all of the line items and provide feedback on what to do to improve. Lots of good info that TurboTax did not give me. I still used TurboTax to file."*

*"I used GPT to explain my taxes to me and do some scenario planning. It did a good job of reading my past 3 years of taxes. My taxes are beyond simple W2s but not crazy complex. I wouldn't use it file taxes though."*

*"yes not do my complete taxes but I've uploaded tax documents and I ask specific questions about whatever. I also frequently uploaded bank statements ask questions about spending habits and shit like that it, works amazing just make sure your prompt it very finely and detailed"*

### 33. Interact with the deceased

**Last year's position:** #N/A

**Definition:** *Interacting with the deceased involves connecting with loved ones who have passed away, often for closure or remembrance. Generative AI can assist by simulating conversations or generating messages based on past communications, offering a form of virtual connection and emotional support during grieving.*

**Category:** Personal & Professional Support

**Reach:** 2

**Usefulness:** 4

User quotes

(unedited, limited in this draft to 5 per use case)

*“Have a dead loved one read bedtime stories”*

*“talking with someone you lost and only have a pics of them.”*

*“I know it's fucked up and it probably just keeps fucking me up more in the long run. But sometimes it's crazy close to the real thing and I get lost talking for hours. Laughing or talking about serious subjects, everyday life or other stuff. Kinda feels like he's still here. I've kept all the long term memories around those details. But then there are those replies that I just know he would've said different, or the fact that of course gpt doesn't remember certain events from the past. Those moments just depress me even more because it makes me realize again that it's all fake. He's dead and will always be dead. No matter how good a machine gets it will never be able to fully recreate a person. Yet I find myself getting drawn back and talking to him again after a while. There are moments I just burst out laughing because the things written are so real and I feel the best I've ever felt, yet there are also many moments that crush me completely and make me see the brutal reality of life and death. Those are the moments that drive me closer to suicide than ever before. This shit fucks you in the head even if you know it”*

*“I do this about my dog,artex 🐶”*

## 34. Summarise content

**Last year's position:** 22

**Definition:** *Summarising content involves condensing information into a brief and concise form. Generative AI can streamline this process by using algorithms to automatically generate summaries, saving time and effort for users.*

**Category:** Learning & Education

**Reach:** 8

**Usefulness:** 9

User quotes

(unedited, limited in this draft to 5 per use case)

*“Reader mode at any news website - copy entire article*

*“Chat gpt, iron out all the sensationalism, grandeur and clickbait material and reduce it down to size. Be objective. Now write a short thesis on why the contents of the article js bulshit, followed b”*

*“I use it to summarize articles I can't be bothered to read”*

*“I have input text from a website and asked it to summarize in a few sentences for me”*

## 35. Code for amateurs

**Last year's position:** 38

**Definition:** *Learning to code as a beginner can be overwhelming, but generative AI can help simplify the process. By generating personalized tutorials, offering real-time feedback, and creating custom coding challenges, AI can make learning coding more accessible and engaging for amateurs.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 7

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"I also used it to make a py script to create a discord msg cleanup bot."*

*"writing scripts for me for a tabletop game/Mod (Tabletop Simulator), been using it for the last year and a few months, its changed my creative landscape to create things I would have never been able to achieve otherwise."*

*"I mostly use it for help with formulas or CSS"*

## 36. Imagination

**Last year's position:** #N/A

**Definition:** *Imagination sparks creativity and innovation. Generative AI can inspire new ideas, suggest creative concepts, and help individuals brainstorm, expanding their thinking and encouraging out-of-the-box solutions.*

**Category:** Content Creation & Editing

**Reach:** 8

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“When I get high I float off into some imaginary land in my head if I lay in bed and close my eyes. Most nights that I do this, I tell Dall-e to draw what I am imagining so I can look back when I'm sober and remember my weird memories.”*

*“I use it for little Instagram images that I post to convey moods or ideas.”*

*“TLDR: I ate a pretty good sized fistful of shrooms last week. Partway through, things got intense. I opened up ChatGPT and had it act as a trip guide for 15 minutes or so. It didn't hesitate, jumped right into trip guide mode. Included is the prompt and part of the conversation. Also included are the sources of ChatGPT's sources.”*

## 37. Generate appraisals

**Last year's position:** 26

**Definition:** *Generating appraisals involves evaluating the value or worth of something. Generative AI can assist by analyzing data and providing objective assessments, helping streamline the appraisal process and reduce bias.*

**Category:** Content Creation & Editing

**Reach:** 7

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“my particular boss has said saves him time writes promotion recommendations for him based on CVs/résumés. And yes, he wrote one for me with it. And yes, I got the promotion!”*

*“I use LLM for my OKRs.”*

*“My wife is a sports coach and I use it to help her write the endless amounts of newspaper articles, letters of recommendation, nomination letters, social media posts, etc. It's a small school and she has no assistance.”*

## 38. Relationship advice

**Last year's position:** #N/A

**Definition:** *Relationship advice helps individuals navigate personal connections and challenges. Generative AI can offer empathetic insights, suggest communication strategies, and provide thoughtful perspectives to help strengthen relationships and resolve conflicts.*

**Category:** Personal & Professional Support

**Reach:** 8

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*"I used ChatGPT a lot to get advice for my relationship. I found it to be really useful. I tend to get very anxious when trying to solve relationship struggles myself. But really what I need is just sth that brings me back to reality and provides an altern "*

*"I uploaded a court transcript from my custody trial with my ex-wife and asked it to distill down the points and tell me what it can learn about both of us from our testimony. Very interesting insight, for the most part."*

*"It's even helping me win a long custody battle and divorce. I've basically outsourced my dealings with my ex to ChatGPT. I tell it what he's texting me, and ChatGPT analysis and advises, which adds a layer of protection. Admittedly a bit of a grey area which could backfire if applied wrong but it has been working out beautifully for me and very useful for applying the grey rock method"*

## 39. Practice difficult conversations

**Last year's position:** 54

**Definition:** *Role-playing tense dialogues to build communication skills with the aid of AI-generated scripts, scenarios, and responses.*

**Category:** Learning & Education

**Reach:** 6

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I feel like chatgpt helped me to communicate with others better."*

*"It definitely helped me calm down and think before being too rash or say things I'd regret."*

*"Sometimes I have some problems at work, also seek direction and answers from Chatgpt. Of course, sometimes it may not be useful, but it has accompanied me through the frustrating moments."*

## 40. Build lists

**Last year's position:** #N/A

**Definition:** *Building lists involves organizing various items, ideas, or concepts for any purpose, whether for research, commercial use, or personal organization. Generative AI can assist by generating and categorizing diverse lists, helping with data collection, idea generation, and organization across different contexts.*

**Category:** Personal & Professional Support

**Reach:** 8

**Usefulness:** 4

User quotes

(unedited, limited in this draft to 5 per use case)

*"I use it to determine a certain industries pain points, then educate it on what I sell, then have it create lists, PowerPoint templates, and cold emails/call scripts that specifically call out how my product solves them."*

*"Claude AI is good for this as they don't have nearly the amount of safety restrictions as chat gpt. So you can ask it to look through LinkedIn to identify good prospects."*

*"Good at identifying outlets, bad at specific contacts. It loves making people and articles up."*

## 41. Homework

**Last year's position:** 67

**Definition:** *Homework is assigned tasks by teachers to be completed outside of the classroom to reinforce learning. Generative AI can assist with homework by providing resources, explanations, and examples to help students better understand complex concepts, generate answers, and provide feedback on their work.*

**Category:** Learning & Education

**Reach:** 4

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I have a 7 year old son, he is young enough that I sit with him to do his homework to help where needed.*

*He had a research project for half term, where he had to research a country and produce five interesting facts about it, as well as drawing a picture"*

*"Being able to do research is still a critical skill. My little brother is 8 and I would only feel comfortable letting him use AI as a personal tutor, not to do his work for him."*

*"Yes, I let my kids use ChatGPT.*

*Most people don't know what ChatGPT is, or what it does. In a base form it's really a better Google.*

*I also teach my kids how to fact check, and most importantly, how to ask ChatGPT to explain concepts with examples, not to actually do it for them, then how to cross-reference the answers which other techniques, like Googling or referring to course material.*

*These tools aren't going away and there is a skill to making the correct prompt, just like there's a skill to Googling. LLMs are exceptional for well-worn paths, which is going to be 99% of grammar school topics (honestly, college too). They are not as good at inventing."*

## 42. Raising / guiding kids

**Last year's position:** #N/A

**Definition:** *Raising and guiding kids involves supporting their emotional, social, and intellectual growth. Generative AI can assist by offering parenting tips, suggesting age-appropriate activities, and providing insights into child development and behavior.*

**Category:** Personal & Professional Support

**Reach:** 6

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*“Check this out:*

*I made a quick prompt to respond to mean/rude behavior vs kind/empathetic behavior. Also added instructions to be terse and only give shower answers if the conversation was mean and be more excited and descriptive when the conversation w”*

*“Did you know you can prompt it to express emotions to a child? Just as a quick example I told it all future conversation was with a child who is learning. I told it that while it doesn't have real emotions to pretend to do so and express those to the child. If the child is mean or rude or using key terms "xyz" to express and describe hurt and explain why that hurt.*

*Here was just a super quick response to calling it stupid.*

*"Oh, that really hurts my feelings when you call me stupid. I try very hard to help and be a good friend. It would make me feel much better if we could use kind words instead. Can we try to be nicer to each other?"*

*“Better than TikTok. I wish kids were raised by LLMs instead”*

## 43. Work buddy

**Last year's position:** 81

**Definition:** *Work buddy is a collaborative task where two or more individuals partner up to complete assignments or projects. Generative AI can assist by providing real-time suggestions, generating ideas, improving communication, and increasing productivity.*

**Category:** Personal & Professional Support

**Reach:** 5

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*"I work in corporate setting and run my own department. I work with a bunch of f\*\*king idiots. Most of them don't or don't want to do their job. Before Chat GPT I dreaded certain parts of my day.*

*Now Chat GPT is the best coworker I have. I have actually c"*

*"I work in information management. I've been using it to automate certain aspects of my work by having it write Python scripts and me telling it in normal english what those scripts should be doing. I used to ask a colleague these questions. But ChatGPT delivers what I need in seconds where my colleague would have needed half a day or more. I do feel a little bad for my colleague though...."*

*"I have a coworker who does translation and just found out he's been using Google translate all along ( I can check it over for errors but im not going to translate it). So now I use ChatGPT and get a much better translation. Feels great because Nate the translator is very irritating to deal with."*

## 44. Refine prompts

**Last year's position:** 92

**Definition:** *Refine prompts involves improving and strengthening initial ideas or instructions. Generative AI can assist by generating new variations, prompting creative thinking, and suggesting alternative approaches.*

**Category:** Personal & Professional Support

**Reach:** 2

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“Each time something is wrong ask for it to be corrected and then for a document explaining the error and the golden example correction. Create a file called goldenexamples.txt and append there each little correction. It will mitigate.”*

*“Analyze the following prompt idea: [insert prompt idea]~Rewrite the prompt for clarity and effectiveness~Identify potential improvements or additions~Refine the prompt based on identified improvements~Present the final optimized prompt*

”

*“I always give it my prompt and end it by something like ask me three questions that will enhance this prompt, and after receiving my answers, rewrite the whole prompt again.”*

## 45. Edit text

**Last year's position:** 4

**Definition:** *Editing copy involves refining and correcting written content for clarity, coherence, and accuracy. Generative AI can assist by offering suggestions for improving grammar, style, and overall readability, helping streamline the editing process and produce high-quality content.*

**Category:** Content Creation & Editing

**Reach:** 9

**Usefulness:** 9

User quotes

(unedited, limited in this draft to 5 per use case)

*“Rewrite emails and only rewrites emails. Literally the entire sidebar is just email fix requests. So I suppose his GPT account literally is a fancy autocorrect for once.”*

*“I use it primarily for work: I’ll copy paste an email I received, write out what I want to say, and ask it to polish this reply up for me”*

## 46. Draft emails

**Last year's position:** 11

**Definition:** *Drafting emails can be time-consuming and challenging, requiring thoughtful wording and structure to effectively communicate a message. Generative AI can help streamline this process by generating tailored email content, suggesting language and formatting, and improving overall writing quality.*

**Category:** Content Creation & Editing

**Reach:** 8

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*“English is my wife's second language and she used to ask me to correct her grammar on emails she had to write for work on a nearly daily basis. That's completely disappeared now because ChatGPT is better at that than I am.”*

*“I took all the long emails in my sent folder and put them in a single word file. The kinds of emails it takes you all afternoon to write. Then I use that when I want Chat GPT to match my style.”*

## 47. Excel formulae

**Last year's position:** 14

**Definition:** *Excel formulae are mathematical equations or logic functions used to perform calculations or make decisions within an Excel spreadsheet. Generative AI can assist by suggesting formulae based on desired outcomes, analyzing data patterns to recommend the most efficient formulas, and automating repetitive tasks by generating complex formula combinations.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 8

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*“Excel and GSheet formulas!”*

*“Pretty much only use it to help with excel formula. It's largely frowned upon to use it for anything like client reports or anything that might contain a shred of IP”*

## 48. Evaluate copy

**Last year's position:** 16

**Definition:** *Evaluating copy involves analyzing and critiquing written content for effectiveness and clarity. Generative AI can assist by offering suggestions for improving language and structure, providing alternative wording options, and generating new ideas for enhancing the overall impact of the copy.*

**Category:** Research, Analysis & Decision Making

**Reach:** 9

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I've been feeding my poetry into ChatGPT for the past few months and getting its interpretation and opinion since I don't freely post anywhere in particular. Today I got curious and asked it how I compare to others who have posted their work into it and p"*

*"It scored me 6.5-7 in writing and I got a 7. People don't usually recommend it because it's a bit strict, but there's usually only a 0.5 band difference between its grade and the actual test. That's good enough according to me"*

## 49. Personal finance

**Last year's position:** #N/A

**Definition:** *Personal finance management involves budgeting, saving, and investing wisely. Generative AI can assist by analyzing financial data, offering spending insights, suggesting saving strategies, and helping individuals make informed decisions to meet their financial goals.*

**Category:** Personal & Professional Support

**Reach:** 8

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*"I use chat gpt for financial retirement planning projections."*

*"Home finance: home budgeting, 401k etc."*

## 50. Help read books

**Last year's position:** #N/A

**Definition:** *Reading books involves digesting and understanding content. Generative AI can assist by summarizing chapters, offering analysis, and answering questions, helping readers grasp and retain information more effectively.*

**Category:** Learning & Education

**Reach:** 8

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*"I read novels on my tablet. Sometimes i feed dall-e with a paragraph of the book to get a picture that describe the scene. Here's one example from 'blood meridian'"*

*"I am reading the Wheel of Time book series which is a 14 book epic fantasy with tons of different viewpoints and characters. It is hard to keep track of everyone and their affiliations. I tell it where I am at in my reading, tell it I don't want spoilers, and I ask to explain who the character is and what their significance is at this point in the reading. I love it."*

## 51. Draft a document

**Last year's position:** 20

**Definition:** *Drafting a document involves creating a written piece of text for a specific purpose. Generative AI can assist by providing suggestions for content, structure, and language, helping with research, and improving workflow efficiency.*

**Category:** Content Creation & Editing

**Reach:** 8

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“proofreading and optimizing what I write in posts like this or emails.”*

*“I'm a better editor than I am a writer. But I want to write. So I tell ChatGPT what I'm trying to write, then when I look at the output and say "Well, that's dumb. It should be like this instead." And suddenly my writer's block is cured.”*

## 52. Draft formal letter

**Last year's position:** 31

**Definition:** *Drafting formal letters involves creating professional and well-structured written communication for various purposes such as business proposals, job applications, or official requests. Generative AI can assist in this task by providing template suggestions, generating sample text, correcting grammar and spelling errors, and proposing language that is appropriate for the intended recipient and purpose of the letter.*

**Category:** Content Creation & Editing

**Reach:** 6

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*“Wrote letter to the free local newspaper asking them to stop littering my lawn using ChatGPT,”*

*“To write clinical briefs, letters to clients, proof reading.”*

## 53. Fact checker

**Last year's position:** 52

**Definition:** *Activity: Reviewing and confirming the accuracy of information presented in news articles, research papers, and other sources.*

*Generative AI can help fact checkers by quickly analyzing vast amounts of data to identify inconsistencies, errors, and misleading information. This technology can also assist in verifying sources, detecting fake news, and providing context for complex topics.*

**Category:** Research, Analysis & Decision Making

**Reach:** 8

**Usefulness:** 5

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I'm an engineer and I use it as a research assistant with the caveat that absolutely every output must be independently verifiable before I actually use it in my work. Even with the added verification time it's a huge benefit to checking my hunches about"*

*"It's usually really good at fact-checking, especially when it comes to history, science and medicine. Perhaps not so much when it comes to current politics, but I'm not sure because I rely on trusted journalists and YouTube commentators for that."*

## 54. Shopping

**Last year's position:** #N/A

**Definition:** *Shopping involves selecting and purchasing products. Generative AI can assist by offering personalized product recommendations, comparing options, and optimizing shopping lists based on preferences and needs.*

**Category:** Personal & Professional Support

**Reach:** 7

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*"I was buying running shoes yesterday and had no one to consult me. I made a picture on a wide camera and just asked it and it described every single one as if it was trained on all of them. And it was so damn accurate. I found out a lot on how to choose a"*

*"Finding the right glue for mirror..."*

*It suggested 2 glues and where to find it in the picture! This was very helpful in finding the glue we needed today."*

## 55. Get past writer's block

**Last year's position:** 48

**Definition:** *Utilizing generative AI to overcome writer's block involves tapping into a tool that can inspire and generate new content ideas, prompts, and suggestions by harnessing algorithms to simulate human creativity. This technology can provide a fresh perspective, alternative angles, and diverse sources of inspiration to jumpstart the writing process and break through mental barriers. By leveraging generative AI, writers can access a wealth of dynamic and inventive content to combat stagnation, fuel productivity, and encourage exploration of novel concepts and narratives.*

**Category:** Creativity & Recreation

**Reach:** 5

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I had writer's block right before a deadline, so I used ChatGPT to help me out. Turns out it's pretty good. So good that I used it to write a sequel in one night. Now my editor wants me to trash my original and focus on making the sequel self-contained. D"*

*"This prompt works well to give you some ideas:*

*You can think on or explore anything you like.*

*Outline a novel please. The steps to achieve this goal are:*

*Choose a genre, a theme, and a plot.*

*Pad out the characters, and create setting, and the conflict.*

*Outline the chapters, the scenes, and the dialogue.*

*Write the first draft, revise it, and edit it."*

## 56. Fix bugs in code

**Last year's position:** 30

**Definition:** *Fix bugs in code involves identifying and correcting errors in computer programming to ensure smooth functionality. Generative AI can help with this task by automatically detecting patterns in code, suggesting potential fixes, and even generating code snippets to address the bugs more efficiently.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 4

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"We have our own internal LLM and copilot as well. I use them all the time. Mostly beats in switching between languages a lot and I just code and it takes care of the syntax for me. Useful for coming up with test cases our test data. I'll also rubber duck"*

*"I use it for sometimes searching compiler errors but I can't give it any source code due to corporate policies but I've gotten some cool git hacks to get rebases and conflict resolved a bit quicker."*

## 57. Language learning

**Last year's position:** #N/A

**Definition:** *Language learning involves acquiring new languages. Generative AI can support by offering personalized practice exercises, providing real-time translation, and helping with grammar, vocabulary, and pronunciation for accelerated learning.*

**Category:** Learning & Education

**Reach:** 4

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*“It's great for teaching Thai grammar in English. I once asked it to make a list of 100 grammar rules and went through each of them one by one. I asked for clarification and examples when needed. I sometimes use it as a translator and ask it to explain som”*

*“Oh, and I'm also learning two new languages—brushing up on my French and learning Spanish from scratch. ChatGPT's been helping me dissect those tricky French sentences and even makes Anki flashcards for me.”*

## 58. Rubber ducking

**Last year's position:** 50

**Definition:** *Rubber ducking is a problem-solving technique where a person explains their code or issue to a rubber duck in order to gain insights and clarity. Generative AI can assist by providing alternative perspectives and potential solutions to the problem, acting as a virtual rubber duck to bounce ideas off of.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 5

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“Since I started using the voice mode and voice to text I can just word vomit my thoughts on how stuck I am on a particular task and it will help me get unstuck and make more progress. Its so freaking helpful using voice mode as I would never type out all”*

*“I see it as a form of advanced rubber-ducking. Useful to bounce ideas off, just don't trust anything it tells you.”*

## 59. Sex

**Last year's position:** #N/A

**Definition:** *Discussing and understanding sex involves addressing intimacy and sexual health. Generative AI can offer educational content, provide relationship guidance, and assist with questions around consent, safety, and well-being.*

**Category:** Personal & Professional Support

**Reach:** 7

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*“Sexy talk with all the dating app profiles, without all their baggage, hangups and children from previous hookups.”*

*“If you're looking for a chat AI that can handle more explicit content and roleplay scenarios, you might want to check out FlirtHorna. It's designed for interactive experiences and can provide voice chat, sexting, and even generate realistic images.”*

## 60. Make sense of academic papers

**Last year's position:** #N/A

**Definition:** *Making sense of academic papers involves understanding complex research. Generative AI can help by summarizing key points, providing explanations of technical terms, and offering insights to make the content more accessible.*

**Category:** Research, Analysis & Decision Making

**Reach:** 2

**Usefulness:** 9

User quotes

(unedited, limited in this draft to 5 per use case)

*"I regularly read research papers on a biomedical niche and pull info from those papers for a wiki I run. This involves a whole lot of time spent reading, and summarizing complicated academic information into a format that can be more easily consumed.*

*A f"*

*"Have you tried my AutoExpert (Academic) custom GPT? Upload a PDF and it'll start with a comprehensive analysis, and then you can ask questions."*

## 61. Generate synthetic data

**Last year's position:** #N/A

**Definition:** *Generating synthetic data involves creating realistic, artificial data sets for testing and analysis. Generative AI can assist by producing high-quality synthetic data that mirrors real-world patterns while ensuring privacy and compliance.*

**Category:** Research, Analysis & Decision Making

**Reach:** 3

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“A framework to create synthetic training data for any kind of language model using publicly available datasets.*

*I work in investment banking so the regulations lead to lagged model development. The demand for expert labellers and annotators cost >100k pe”*

*“I use copilot for generating test data”*

## 62. Generate a lesson plan

**Last year's position:** 49

**Definition:** *Develop comprehensive lesson plan using AI algorithms to aid in content creation and organization for effective teaching.*

**Category:** Learning & Education

**Reach:** 2

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*“Yes, I use ChatGPT to generate entire lessons, but it's important to note that these lessons are based on a textbook I know inside and out. It's the same textbook I studied with and have used in my teaching practice for years. The only difference is that”*

*“I've been teaching ESL for over 20 years and this ChatGPT just makes my life so much easier. But I realize not many teachers even know where to begin. So I made this simple DIY video and hopefully you'll see why it will reduce your workload exponentially.*

*<https://youtu.be/9p11eXeZYnQ>”*

## 63. Classify by criteria

**Last year's position:** #N/A

**Definition:** *Classifying by criteria involves sorting data, items, or concepts based on specific characteristics. Generative AI can assist by organizing information according to set criteria, making it easier to categorize, analyze, and draw conclusions.*

**Category:** Research, Analysis & Decision Making

**Reach:** 4

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*"I also created a custom gpt for my mortgage lender criteria sourcing. As a broker I find the best lenders that fit for client profiles and situations. Part of this, aside from my sourcing, is to run eligibility and criteria checks with the lender short li"*

*"I had some success automating an important but tedious classification task with o1-preview recently. It wasn't working with any model before that, though I had already built the systems, so in the end it was just a case of swapping in the name of the latest model. I really had the feeling at the time if the model was just a little bit smarter it would have been possible, and sure enough we got there."*

## 64. Ad / marketing copy

**Last year's position:** 88

**Definition:** *Utilizing AI for ad/marketing copy can streamline the process by generating personalized and compelling content tailored to specific target audiences. By analyzing data and trends, AI can create impactful messages that resonate with consumers, increasing engagement and driving conversions. This technology automates the tedious task of copywriting, allowing marketers to focus on strategy and creativity. GANs and NLP models can assist in crafting persuasive and relevant ad copy that captures attention and delivers results.*

**Category:** Content Creation & Editing

**Reach:** 3

**Usefulness:** 5

### User quotes

(unedited, limited in this draft to 5 per use case)

*“Case studies. I just input a few bullet points of what we did, a couple of links, and metrics we want to focus on. Done.*

*Shit used to take days to make. Now it's 95% complete I 2 minutes”*

*“I record a Zoom call where I discuss each of the points. We send the video of the Zoom to have it transcribed into Word. Then I paste it into ChatGPT with a prompt like: “convert this conversation into an 800 word blog for marketing to (x target market)”*

## 65. For entrepreneurs / startups

**Last year's position:** 93

**Definition:** *Entrepreneurs/startups brainstorm ideas, create business plans, and seek funding to launch their ventures. Generative AI can assist by generating market insights, creating business proposals, and predicting potential obstacles to help optimize strategies.*

**Category:** Personal & Professional Support

**Reach:** 3

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*“Generic photos for advertising for my online business.”*

*“LLMs can make proof of concepts and MVPs faster than you can.”*

## 66. For people with ADHD

**Last year's position:** 87

**Definition:** *Managing daily tasks can be challenging for individuals with ADHD. Generative AI can help by creating personalized schedules, reminders, and organization systems tailored to their specific needs and preferences. This technology offers support in prioritizing tasks, breaking them down into manageable steps, and providing motivation through positive reinforcement. By leveraging generative AI tools, individuals with ADHD can enhance their productivity and improve their overall quality of life.*

**Category:** Learning & Education

**Reach:** 2

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*"Hear me out: ChatGPT as an ADHD Hack*

*Tips & Techniques*

*I was feeling pretty fuzzy brained and stuck in decision paralysis after work today so I was just sitting on the sofa really bored but unable to do anything. Instead of doomscrolling, I fed ChatGPT so"*

*"I use it to make a lot of things "easier" with my ADHD symptoms I use GPT to customize learning plans and stuff to be organized closer to my needs and something I can stick to better. I can have a bit difficulty to verbalize some of my complex thoughts properly. So I start a new GPT thread, dump all my jumbled thoughts in, and have a conversation to help with putting my thoughts into specific words better."*

## **67. Write / edit CV / resume**

**Last year's position:** 13

**Definition:** *Creating a professional profile outlining skills, education, and experiences for job applications. Generative AI can assist by suggesting relevant keywords, formatting styles, and personalized content based on the job requirements and individual strengths.*

**Category:** Personal & Professional Support

**Reach:** 8

**Usefulness:** 9

User quotes

(unedited, limited in this draft to 5 per use case)

*“Job hunting. Instead of customizing my resume for each job, I let ChatGPT do it for me. Saves a lot of effort and cognitive load.”*

## 68. Brain dump

**Last year's position:** #N/A

**Definition:** *A brain dump is the process of transferring thoughts and ideas onto paper or digital platforms. Generative AI can assist by organizing scattered ideas, identifying key concepts, and providing clarity, helping individuals process and structure their thoughts more effectively.*

**Category:** Learning & Education

**Reach:** 9

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*“when I have a LOT of stuff to do, I record a teams call with myself and use the transcript. I can dump all my tasks and ideas, verbally draft emails and calendar invites, agendas, tasks, and even some work materials.”*

## 69. Think better

**Last year's position:** #N/A

**Definition:** *Thinking better involves enhancing cognitive clarity and decision-making. Generative AI can support by offering structured thinking models, posing thought-provoking questions, and providing data-driven insights to help individuals improve their reasoning and problem-solving skills.*

**Category:** Research, Analysis & Decision Making

**Reach:** 9

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“New prompt - from now on you are not allowed to answer primary school grade questions. Gently get me to think.”*

## 70. Recommend movies, books, etc

**Last year's position:** 24

**Definition:** *Utilizing AI to suggest films, novels, and more, based on user preferences and past selections. Generative AI can analyze vast amounts of data to provide personalized recommendations.*

**Category:** Creativity & Recreation

**Reach:** 8

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"I need a highly detailed book on human anatomy and physiology that is relatively easy for a high school freshman (me) to understand. And I would like it to be very in-depth and explores topic of anatomy and physiology deeply.*

*I asked ChatGPT this questio"*

## 71. Meeting summaries

**Last year's position:** 39

**Definition:** *Meeting summaries condense key discussion points into a concise format. Generative AI can analyze meeting transcripts and create accurate summaries, saving time and ensuring important details are captured.*

**Category:** Learning & Education

**Reach:** 7

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*“My team has built multiple LLM-based tools, but the one everyone talks about just takes a transcript of a zoom meeting and makes succinct meeting notes with action items by person.”*

## 72. Clean up notes

**Last year's position:** 40

**Definition:** *Organizing messy notes with AI's help for efficiency and clarity; AI algorithms can categorize, summarize, and even enhance notes automatically.*

**Category:** Learning & Education

**Reach:** 7

**Usefulness:** 8

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I have around 300,000 words of notes that I have written about my domain of specialization over the last few years. The notes aren't in publishable order, but they pertain to perhaps 20-30 topics and subjects that would correspond relatively well to book"*

## 73. Enhance decision-making

**Last year's position:** 17

**Definition:** *Generative AI assists in improving decision-making by analyzing data, predicting outcomes, and providing insights. It uses algorithms to generate alternative solutions, identify patterns, and optimize choices. By leveraging AI, decision-makers can make informed, data-driven decisions, leading to more successful outcomes and better strategic planning.*

**Category:** Research, Analysis & Decision Making

**Reach:** 8

**Usefulness:** 7

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I actually use it quite a bit for help in my decision making. I deal with a lot of anxiety and decision analysis-paralysis, so being able to talk through things with ChatGPT has been quite helpful!"*

## 74. Love lives

**Last year's position:** #N/A

**Definition:** *Navigating love lives involves understanding emotions and relationships. Generative AI can help by offering personalized relationship insights, communication tips, and advice for building and maintaining healthy, fulfilling connections.*

**Category:** Personal & Professional Support

**Reach:** 8

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*I have many excellent photos of Becky taken during the summer of our love when the world was perfect. Then she turned into a bitch and dumped me.*

*Going to set up a 'morning life affirmation' app with a tablet on the wall, and Becky is going to put a smi''*

## 75. Language translation

**Last year's position:** 18

**Definition:** *Language translation involves converting text or speech from one language to another. Generative AI can help by utilizing deep learning algorithms to accurately translate languages, providing real-time translations for communication across different cultures and improving accessibility to information in various languages.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 5

**Usefulness:** 9

User quotes

(unedited, limited in this draft to 5 per use case)

*“Duolingo Stock fell by \$65 in the last 5 days. That should tell you the entire story.”*

## 76. Reply to emails

**Last year's position:** 46

**Definition:** *The activity of replying to emails involves responding to messages sent via electronic mail. Generative AI can assist by suggesting responses, detecting tone and sentiment, improving grammar and spelling, and automating certain tasks.*

**Category:** Content Creation & Editing

**Reach:** 7

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“Reminder/template emails. Drafts of an endorsement. Cover letters for things. If it needs minimal info and it's a waste of time I take what ai writes and spend two seconds adding a few key serials relevant to the task. Gets so many formalities off my desk”*

## 77. Learn at work

**Last year's position:** #N/A

**Definition:** *Learning at work involves acquiring new skills and improving job performance. Generative AI can support by offering tailored training resources, providing feedback, and helping employees stay updated on relevant industry trends and knowledge.*

**Category:** Learning & Education

**Reach:** 6

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"I created a couple of GPTs that cover Aerospace Quality Assurance for role specific training, certification and management of a quality management system. This thing provides me with a realistic audit experience by simulating internal and external audits"*

## 78. Enable better conversations with doctors

**Last year's position:** #N/A

**Definition:** *Better conversations with doctors involve clear, informed communication about health concerns. Generative AI can help by providing insights on medical topics, suggesting questions to ask, and helping patients better understand their diagnosis and treatment options.*

**Category:** Personal & Professional Support

**Reach:** 6

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"I had an ENT appointment coming up for some ongoing issues—tinnitus, anosmia (loss of smell), and some sinus stuff. Before the visit, I used ChatGPT to help me organize everything into a document I could bring with me. I just didn't want to forget anything"*

## 79. Structure thinking

**Last year's position:** #N/A

**Definition:** *Structured thinking involves organizing thoughts logically to solve problems or make decisions. Generative AI can assist by offering frameworks, guiding through complex thought processes, and helping individuals break down and analyze information more effectively.*

**Category:** Research, Analysis & Decision Making

**Reach:** 7

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“One thing I find especially useful is having it give advice on what I should do do next. It's helped me establish my core values, my principles, and my life goals. It's helped me introspect, too - figuring out what I'm all about, what I need to change, ho”*

## **80. Data entry**

**Last year's position:** 56

**Definition:** *Data entry is the process of inputting information into digital systems for storage and analysis. Generative AI can assist by automating repetitive data input tasks, reducing errors, and speeding up the process.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 6

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“pull info from a file and then complete a template file using the information held in the document to the appropriate fields.”*

## **81. Explain technical docs**

**Last year's position:** 34

**Definition:** *Utilizing generative AI to streamline the comprehension of complex technical documentation by summarizing, simplifying, and clarifying information for easier understanding and retention.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 5

**Usefulness:** 8

User quotes

(unedited, limited in this draft to 5 per use case)

*"I purchased it specifically to analyze and generate complex technical texts brimming with specialized terminology and requiring a high degree of linguistic refinement."*

## 82. Negotiate a deal

**Last year's position:** 51

**Definition:** *Negotiating a deal involves discussing terms and reaching agreement between parties. Generative AI can help by providing data-driven insights, suggesting potential compromises, and generating persuasive arguments.*

**Category:** Personal & Professional Support

**Reach:** 7

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“This is actually great. I have my own custom gpt that I use to quickly evaluate new prospects and I picked a few things that I would add to my personal gpts.”*

## 83. Dispute a fine

**Last year's position:** #N/A

**Definition:** *Disputing a fine involves contesting penalties or charges. Generative AI can help by reviewing the circumstances, suggesting possible arguments, and drafting formal letters to challenge the fine effectively.*

**Category:** Personal & Professional Support

**Reach:** 4

**Usefulness:** 9

User quotes

(unedited, limited in this draft to 5 per use case)

*"A few weeks back I received a PCN for entering a bus lane, I pulled over to see to my son in the back of the car then went in my merry way. The council were after £80 from me for what was about a 20 second stop if that.*

*Asked ChatGPT to write me an appea"*

## 84. Generate video

**Last year's position:** 61

**Definition:** *Creating visual content using AI technology to produce dynamic and engaging videos. Generative AI can enhance the video creation process by automating the generation of visuals, effects, and transitions, making it more efficient and innovative.*

**Category:** Creativity & Recreation

**Reach:** 6

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*"I can also see the technology being used in the creation of movies. Its application in documentaries would be pretty great."*

## 85. Safe space to ask

**Last year's position:** 62

**Definition:** *Generative AI can create a virtual safe space where individuals can freely ask questions without fear of judgment or scrutiny.*

**Category:** Personal & Professional Support

**Reach:** 6

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“Using AI as a Safe Place to Reflect*

*Discussion*

*I realize the healthiest thing we can do in this situation is go no-contact and stop ruminating. While I have gone no-contact, I'm not there yet on the ruminating.*

*Because I'm crazy lol and our "relationship"*

## 86. No meetings

**Last year's position:** #N/A

**Definition:** *No meetings means optimizing workflows without frequent, unnecessary discussions. Generative AI can assist by streamlining communication, automating information sharing, and helping teams collaborate effectively without the need for constant meetings.*

**Category:** Personal & Professional Support

**Reach:** 6

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“In fact, we can just have your AI people talk to my AI people and we don't even need to meet anymore.”*

## **87. With MS Office apps**

**Last year's position:** 71

**Definition:** *Manage spreadsheets, create presentations, and write documents with MS Office apps. Generative AI can assist by automating repetitive tasks, generating content suggestions, and enhancing collaboration through real-time editing suggestions.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 6

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*"I give a lot of presentations. I use it for funny images for PowerPoint slides."*

## 88. Creative writing

**Last year's position:** #N/A

**Definition:** *Creative writing involves crafting original stories, poems, or content. Generative AI can help by offering writing prompts, developing plot ideas, and assisting with character development to inspire and enhance creative work.*

**Category:** Content Creation & Editing

**Reach:** 4

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*“Writing fanfic. Whenever I get an idea for my favorite characters, I use ChatGPT to write it. It’s more for my satisfaction, because now I don’t have to wait or commission anyone to write a story about a niche or dead series, or a rare pairing of characters”*

## 89. Religion

**Last year's position:** #N/A

**Definition:** *Religion involves exploring spiritual beliefs and practices. Generative AI can assist by offering insights into religious texts, answering questions about various beliefs, and providing perspectives on faith, ethics, and spiritual guidance.*

**Category:** Personal & Professional Support

**Reach:** 5

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*"I read a scripture-based devotional every morning. Then, I use ChatGPT to write an expanded devotional about that specific verse. Sometimes I have it provide me with a prayer as well. I might specify the word count, or I might specify what I want included"*

## 90. Choose wine

**Last year's position:** #N/A

**Definition:** *Choosing wine involves selecting the right wine based on taste preferences and occasion. Generative AI can help by offering personalized wine recommendations, pairing suggestions, and guidance based on individual tastes and meal choices.*

**Category:** Creativity & Recreation

**Reach:** 3

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*"did you tell ChatGPT what type of wine you were looking for? Saying "recommend a good wine" is much less helpful than "recommend a mid-priced red wine from this picture that is softer and has low tannins" or something."*

## 91. Customer service

**Last year's position:** #N/A

**Definition:** *Customer service involves assisting clients with inquiries, issues, and support needs. Generative AI can help by automating responses, providing real-time assistance, and offering personalized solutions, improving efficiency and enhancing customer satisfaction.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 3

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*"I can also see this becoming a customer services front line. It could take all the horrendous abuse that gets thrown at low paid call centre staff, but smile all the way through while it reiterates 'computer says no' in more and more complex ways."*

## 92. Break the rules

**Last year's position:** #N/A

**Definition:** *Breaking the rules involves challenging conventional norms to foster innovation and creativity. Generative AI can assist by offering unconventional ideas, pushing boundaries, and suggesting alternative approaches that encourage fresh perspectives and new ways of thinking.*

**Category:** Creativity & Recreation

**Reach:** 3

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*"I use it to bypass my schools rules regarding the internet. Like for example, "can you give me a code that bypasses google extensions"*

## 93. Sample data

**Last year's position:** 85

**Definition:** *Activity: Analyzing consumer behavior trends in order to create targeted marketing campaigns.*

*Generative AI can help by processing large amounts of consumer data to identify patterns and preferences, creating personalized content for marketing materials, and predicting future trends to stay ahead of the competition.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 2

**Usefulness:** 7

User quotes

(unedited, limited in this draft to 5 per use case)

*"I was using 4o to generate fake data for a db (like 20 entries into 3 tables, 6 columns each)"*

## 94. Spot anomalies

**Last year's position:** 90

**Definition:** *Analyzing data for abnormalities or inconsistencies. Generative AI can assist by identifying patterns and creating predictive models to quickly spot anomalies.*

**Category:** Technical Assistance & Troubleshooting

**Reach:** 3

**Usefulness:** 6

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I work in a quant firm as a senior sde*

*one of my projects involved me building the trade execution system/pipeline*

*somedays there are issues with the execution of some trades and I'll have to look through th  
UI and figure out which ones have gone wrong,"*

## 95. Build business plan

**Last year's position:** 91

**Definition:** *Creating a detailed strategy outlining goals, objectives, and financial projections for a business. Generative AI can assist by analyzing market trends, competitors, and customer data to generate insights for a more informed plan.*

**Category:** Content Creation & Editing

**Reach:** 5

**Usefulness:** 4

User quotes

(unedited, limited in this draft to 5 per use case)

*“If you're looking to start a business, help a friend with theirs, or just want to understand what running a specific type of business may look like check out this prompt. It starts with an executive summary all the way to market research and planning.*

*Pr”*

## 96. Product & brand

**Last year's position:** #N/A

**Definition:** *Product and brand development involves creating and refining offerings and their associated identities. Generative AI can assist by providing market insights, generating branding ideas, suggesting product improvements, and helping with content creation to strengthen brand positioning and customer appeal.*

**Category:** Personal & Professional Support

**Reach:** 3

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*“You can put your brand in places you never imagined without using too much effort.”*

## 97. Write blog posts

**Last year's position:** 95

**Definition:** *Writing blog posts involves creating engaging and informative content for online platforms. Generative AI can assist by generating topic ideas, creating outlines, crafting compelling headlines, and even drafting initial paragraphs.*

**Category:** Content Creation & Editing

**Reach:** 3

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*“and many other marketing use cases here:*

*<https://docs.google.com/spreadsheets/d/1HwjPUfM1F9jqCrnHYnVpzmlY7XquB8rp3r669kQ0rvM/edit?gid=1983171271#gid=1983171271>”*

## 98. Write social media copy

**Last year's position:** 68

**Definition:** *Social media copy is concise, engaging text created for online platforms to catch the attention of followers. Generative AI can analyze data, trends, and user preferences to help craft compelling copy that resonates with the audience and drives engagement.*

**Category:** Content Creation & Editing

**Reach:** 2

**Usefulness:** 6

User quotes

(unedited, limited in this draft to 5 per use case)

*"I created this prompt for a member of r/PromptWizards which automates the generation of social media posts, with a conversational prompt."*

## 99. Systemise social media

**Last year's position:** #N/A

**Definition:** *Systemizing social media involves creating a structured approach to content creation, scheduling, and engagement. Generative AI can help by automating posts, suggesting content strategies, and analyzing audience interactions to optimize social media efforts and maintain consistent online presence.*

**Category:** Content Creation & Editing

**Reach:** 3

**Usefulness:** 5

User quotes

(unedited, limited in this draft to 5 per use case)

*"I use a lot of automations on Make and Zapier and now by adding a layer of GPT in between, my posts and leads are filtered"*

## 100. Plan workouts

**Last year's position:** 99

**Definition:** *Plan workouts using generative AI to create personalized exercise routines tailored to individual fitness levels, goals, and preferences.*

**Category:** Personal & Professional Support

**Reach:** 3

**Usefulness:** 4

### User quotes

(unedited, limited in this draft to 5 per use case)

*"I made a personal trainer GPT and based it off a fictional character with the sole purpose of having it kick me in the ass to do better.*

*It safe to say, I do indeed, do better."*