

✧ Use AI to Free Your Mind, Not Fill Your To-Do List ✧

December 2025

Dear Friends,

I hope you're having a great month and finding great moments of clarity in what can sometimes feel like an overwhelming world.

Recently, I joined the *free* virtual Tony Robbins AI event (yes — the usual perfectly pitched upsells were included). But despite the sales pitches, there were a few ideas that genuinely stood out.

One big takeaway was this:

Use AI to automate saving you time ... so you can amplify the meaningful.

It doesn't matter if you use GPT, Copilot, Claude, DeepSeek — the key is to actually *use* AI to remove the tasks that drain you. Don't put pressure on yourself having to learn all about 50 new different AI systems, use one or two and use them well.

You could feed your calendar into an AI and ask it to interrogate it:

- **Which of these tasks are high-value?**
- **Which of these could be automated or delegated?**

Importantly — **don't outsource the things that *give you joy*** even if AI could technically do them. Personally, I often use AI to optimise YouTube scripts based on notes that I have created and generate key words lists. I also had a free couple of hours in Madrid and asked AI to create a sightseeing tour for me and it was wonderful! It also helped plan my weekend and found a great Hardstyle night at Fabrik with [Sub Zero Project](#) headlining.

YouTube Video of the Month



<https://youtu.be/82n2lzX0eRo?si=PUXegrhClTQ7OvOc>

Change is important to you as an individual, but this video focuses on how can organisations can effectively rapidly respond to constant uncertainty.

What would you do with extra time? Interestingly, in the Tony Robbins event (if you don't know who he is check these book summaries about [money](#), [lifestyle](#) and [self-improvement](#)) multiple people they would **write a book**. Well... I've now done that and produced my second book— right in time for Christmas!

DAD JOKES FOR CHRISTMAS

Why did Santa go to therapy?
Because he had too much 'elf' doubt!

Packed with 100 pun-tastic zingers, this stocking stuffer is guaranteed to jingle your bells and test your family's patience. Whether you're a dad, know a dad, or just love a good eye-roll, this book slelghs.

About the Author

Dr. Crikey is a certified punologist and festive mischief-maker.



DAD JOKES FOR CHRISTMAS

Festive Groaners to Sleigh the Holidays



The Ultimate Dad Joke Stocking Stuffer

🎄 If you want a physical copy of this book please use my [affiliate link](#). This book is a *bullet* — a small experiment, fun project — and who knows, maybe a future cannonball!

X of the Month



MustangMedic @MustangMedicX · 23h

This is our daily break from politics.
Enjoy. 🤪 Boom. 💣



2.2K

6.4K

32K

1.8M

<https://x.com/MustangMedicX/status/1996352095017205876?s=20>

A funny clip of people stealing packages ... only to have the box explode the moment they pick it up! The clip was probably made by AI but shows that karma can work fast at times.

To spread good karma, if you want a free electronic copy of my Christmas dad joke book take a moment to just think of something that you are grateful for. No need to tell me what it is, reply to this email (or message me on LinkedIn mentioning the book) and I will send you a copy. Be aware the habit of practising gratitude will help your happiness!

Website of the Month

Try some time offline this month :)

AI Pro Prompt Tip

AI is only as good as the prompts that it is given, after some time offline enjoying the festive period with loved ones try telling your AI system:

- **“You are in the top 0.1% of social media marketers analyse this”**
- **“Call out my blind spots.”**
- **“Summarise the values of this company as if you were its brand strategist.”**

Small tweaks → big clarity

For this prompt alone it is worth sharing this newsletter with some of your friends by clicking here.

Have a great Christmas,
Chris

