



What Are AI Agent Bots?

A friendly intro from Brittney Renea at Pretty Little Bots

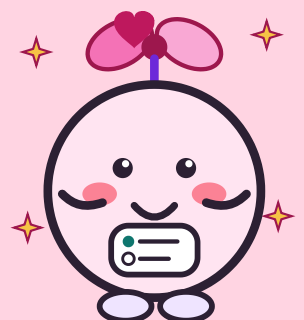
Moms

College students

Neurodivergent folks

Everyone

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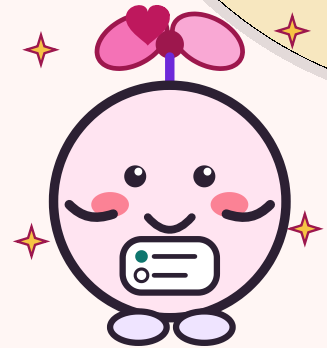




So... what is an AI assistant bot?

Think of an AI assistant bot as a helpful person who lives in your phone or computer. You tell it what you need in everyday words, and it gets to work. No code. No tech degree. Just a conversation.

It can draft, sort, remind, plan, and explain. It's there when you want a hand, and you stay in charge the whole time.



Okay, but how is that different from a regular chatbot?

A regular chatbot is like a very smart friend you text a question. You ask, it answers, and then it's back to you to do something with that answer.

An assistant bot goes one step further. It can have **helper bots**: small, focused bots that each look after one job.

Picture a tidy little team:

1

One helper keeps track of your week.

2

One helper turns messy notes into a clear plan.

3

One helper drafts the messages you keep putting off.

Each helper does one thing well, and your assistant bot keeps them organized. Instead of starting from scratch every time, you've got a little crew that already knows its job.





What could it take off your plate?



For moms

- ✦ Turning "what's for dinner?" into a simple weekly meal plan and grocery list
- ✦ Keeping school forms, practice schedules, and birthday parties in one clear place
- ✦ Drafting the thank-you notes and reply texts that pile up



For college students

- ✦ Breaking a big assignment into small, doable steps with dates
- ✦ Turning lecture notes into easy study guides
- ✦ Planning a study week around classes, work, and sleep



For neurodivergent folks

- ✦ Splitting a big, foggy task into one clear next step
- ✦ Gentle reminders for routines, in a tone that works for you
- ✦ Turning a jumble of thoughts into a short, organized list



For everyone

- ✦ Drafting emails and messages in your own voice
- ✦ Planning trips, errands, and your week
- ✦ Summarizing long things so you can get the gist fast
- ✦ Keeping a running list of ideas so nothing gets lost





"Is this hard? Is it safe?"

These are the two questions I hear most, and they're good ones.



Is it hard?

It's a lot more doable than it sounds. If you can send a text message, you already have the main skill. You don't need to be "techy." Everyone starts as a beginner, and going step by step is totally normal.



Is it safe?

You're the one in charge. Your bot is an assistant: it helps with the tasks you give it, and you decide what it works on and what it doesn't. It's smart to ask questions, to be thoughtful about what personal information you share, and to double-check anything important. I'm big on doing this in a way that feels comfortable to you, and I'll show you how to keep it that way.

You can move at your own pace. There's no rush and no wrong way to begin.

What a bot is *not*

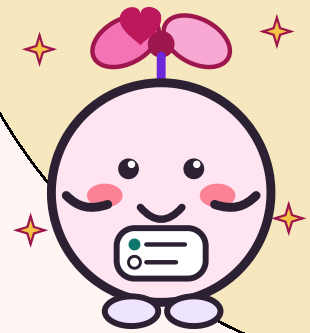


Your bot is a helper, not a replacement for people. It's a tool that gives you time and energy back, so you can spend more of both on the things and people you care about.



Ready for your own?

If this sounds like something you'd love to have, here's where to go next.



Build Your First Bot: \$47

A friendly, step-by-step course where you set up your own AI assistant bot and have it create helper bots. It's made for everyday people, with no experience needed.

[Get Build Your First Bot for \\$47 →](#)



Prefer to have it done for you?

If you'd rather skip the building and have a bot made for you, I also offer done-for-you bots, starting at \$97. Take a look whenever you're curious.

[See done-for-you bots →](#)

Warmly,

Brittney Renea

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