



# NEWSLETTER

RJ2 Technologies Monthly Newsletter  
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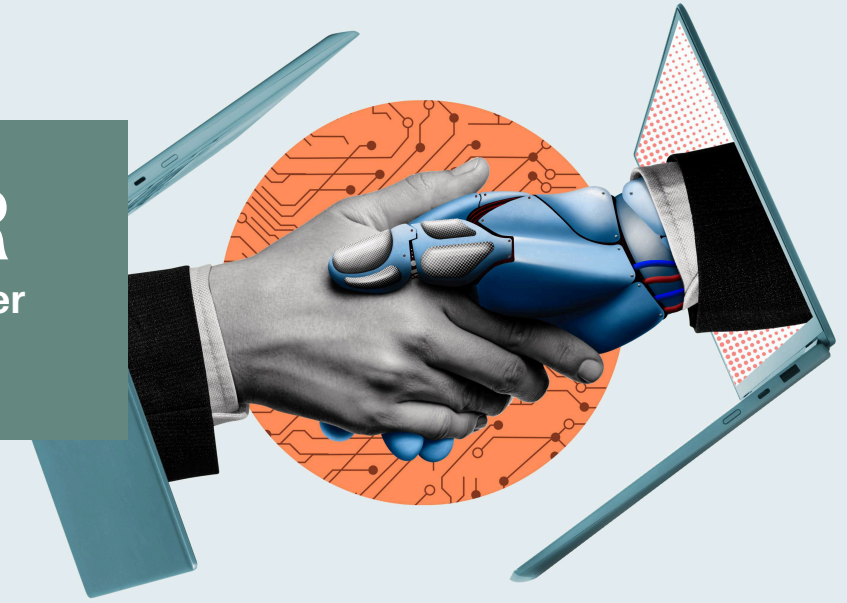
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*Happy New Year!*



## New Year, New Goals: How AI Can Help You Stick to Your Resolutions

January 1 is a fresh start for many – an opportunity to set exciting career or personal goals like getting a promotion or saving for that trip to Paris. Yet in 2024, only 30% of Americans set a New Year's resolution, says Pew Research. The 70% who didn't set goals cite breaking resolutions too easily, struggling to create meaningful goals or simply disliking the process. For those feeling that resolutions are often a losing game, AI-powered tools like chatbots and apps can help make this year different by helping you set resolutions that are practical and unique to you.

### AI Is An Excellent Active Listener

For many people, traditional goal-setting feels static, nothing more than a conversation with ourselves that results in a sticky note on the bathroom mirror. In contrast, generative AI is interactive. It asks questions, rephrases ideas and can suggest new ideas based on input, mirroring the way humans engage in active listening. AI is also fast – it responds in real time, making it an ideal brainstorming partner.

AI is also highly customizable. Because it tailors recommendations to your inputs, it offers personalized plans for your goals based on your habits and preferences (but sensitive data should be avoided). AI can also help you set SMART goals – Specific, Measurable, Achievable, Relevant and Time-bound – making tracking progress easier and increasing your chances of success.

# How To Write Your New Year's Prompt With AI

If you're ready to try using generative AI tools for your resolutions, start by crafting a clear, thoughtful prompt. Here are some prompting best practices to get you started:

**1. Tell AI about yourself:** You don't need to share your life's story, but tell AI some goals you might like to achieve, your strengths and weaknesses and what you'd like help with. This context helps AI customize its ideas specifically to you.

Example Prompt: "Please help me create a New Year's resolution. Here is information about me that you can use to suggest helpful resolutions [insert your strengths, challenges, hopes, goals, etc.]..."

**2. Define your focus areas:** After introducing yourself, ask AI to suggest a list of five to 10 New Year's resolutions. If you only want ones related to fitness or work, then say that. If you're open to other ideas, you can ask AI to think outside the box when coming up with suggestions.

Example Prompt: "With the information I gave you, please suggest a list of resolutions I may find useful this year relating to fitness and my career."

**3. Review and refine AI suggestions:** You can provide more information to AI and get different responses or ask it to change the wording or goal to match your needs.

Example Prompt: "Can you rewrite X resolution to be met within six months?" Or, "Can you adapt this resolution to focus on small business owners?"

**4. Create SMART goals:** Once you know your resolution(s), ask AI to create SMART goals to help you meet them!

Example Prompt: "Please suggest SMART goals to help me achieve my New Year's resolution."

**5. Track progress:** Once you have your resolution, you can even use AI-driven apps or features (like reminders in productivity apps) to stay accountable. Regular tracking helps you stick to your goals and makes progress visible, even with a simple check-in.

If you've never had success with New Year's resolutions or you want to shake things up this year, let AI help you create some of your best resolutions yet!

Need help with AI tools? **Call RJ2 Technologies at 847-303-1194 or email [marketing@rj2t.com](mailto:marketing@rj2t.com) for inquiries about AI tools.**



## Vendor Partner Highlight



This month, we're excited to spotlight ConnectWise, a leading provider of business automation software for technology solution providers. ConnectWise offers a comprehensive suite of tools designed to streamline operations, enhance service delivery, and more. ConnectWise fosters a strong community among MSPs with initiatives like IT Nation that offers education, networking, and support to help MSPs stay connected, share best practices, and grow their business.

ConnectWise solutions empowers all MSPs, including RJ2 Technologies to help manage our clients efficiently, from ticketing to project management and more. This partnership enables us to serve our clients better, helping them achieve their business goals with greater ease. To learn more about this partnership, **please call RJ2 Technologies at 847-303-1194 or email [marketing@rj2t.com](mailto:marketing@rj2t.com)**

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## Apps You Should Take Off Your Phone Right Now

Between work, sports, school and family apps, our phones are jam-packed. Often with apps we rarely use. However, apps are more than clutter – they're data collectors. The more apps you have, the more vulnerable your data becomes, so it's critical to clear out apps that:

- You rarely use
- Came preinstalled but aren't necessary
- Duplicate the services of another app
- Have questionable privacy policies



Some apps, especially those linked to foreign data laws, are especially invasive. For instance, apps from China-based app developer ByteDance, such as TikTok, CapCut and Lemon8, track extensive details about you: your IP address, biometrics, the content of your messages (and exactly when you send and receive them), credit card numbers, the people and places in the background of your videos, all the information about the content you post and much more. Its data privacy is so bad that TikTok is banned in many countries and on government devices in several others, including the US, the European Union, Australia and Canada.

### It's Time for an App Audit

While harmful apps are the obvious ones to nix, experts suggest you delete any app you aren't using regularly.



#### Properly Deleting Apps And Accounts

You can't simply delete an app and have it disappear forever. To ensure the app stops collecting and sharing your data, you must deactivate or delete your account first. Here's how to correctly delete apps:

1. Log in to each app and find the page where you can delete your account. Sometimes, this can only be done from your web browser.
2. Delete or deactivate your account.
3. Once your account is deleted, you can delete the app on an iPhone by long-pressing the app and selecting Remove App -> Delete App -> Delete. For Android, hold down on the app and tap App Info -> Uninstall.

#### Conducting Your App Audit:

1. Scroll through your phone and jot down a list of apps you don't use regularly or ones that provide duplicate services.
2. For assistance, check app activity on iPhones under Settings > Screen Time > See All Activity, or on Android under Digital Wellbeing > Dashboard. Note the ones that get very little usage.
3. Once you have your list of unwanted apps, it's time to delete them.

There's no reason for harmful or useless apps to take up space on your phone. A quick app audit can help you protect your data and keep only the apps that add value to your life. **Call RJ2 Technologies or email [marketing@rj2t.com](mailto:marketing@rj2t.com) for questions.**





## "Money" is the Most Dangerous Word in Your Inbox

Someone is after your money, and no, it's not your teenager. ZeroBounce, an e-mail company, pinpointed the most common words hackers use to trip you up. "Money" topped the charts as one of the most common and harmful words in hacker e-mails, with an 83.5% infection/damage rate. Other words to watch out for include "free," "income" and "investment." Always verify a sender before opening e-mails and look for red flags in e-mails.

## FTC's New Click-To-Cancel Rule Coming This Year

Beginning as soon as March or April 2025, the FTC will enforce a new rule that requires businesses to make canceling a subscription to their product or service as easy as signing up. For example, a company can't force you to call a service agent on the phone to cancel a subscription if you signed up in 10 seconds using an online form. The rule also says that businesses must clearly outline the terms of their subscriptions and gain customer consent before accepting payment. It's about time!



## Put Your Business On The Map

Apple Business Connect is a free tool for businesses to manage and update information across Apple Maps, Siri and Spotlight. It enables businesses to control details like hours, contact information and photos, create promotional "Showcases" and access insights on customer interactions, improving visibility and accuracy across all Apple device users. This free service puts your business on the map – literally – making it easier than ever for you to connect with customers.

## Google "Unfiltered"

Google Image users are reporting a noticeable uptick in hyperrealistic AI-generated pictures in search results, right next to real ones. However, many of these images aren't labeled as AI-generated, leading to concerns about misinformation. For example, image searches of baby animals are rife with AI-generated images. Companies, including Google, are working on better ways to label AI-generated photos, but until then, pay attention when you're scrolling and verify images if you plan to reuse them.

