

Your job in 2030

is a bundle of tasks

Anthropic, the company behind Claude, published a model of what AI could do to jobs by 2030. Here is what it says, and the two things to do about it this week.

— DO THIS *Your two steps*

1 Take three free courses. [Claude 101](#) · [AI Fluency](#) · [Claude Cowork](#). Details on page 2.

2 Then try it on your real work. Open [Claude use cases](#), pick your field, and do one today.

— 2 · YOUR JOB IS A BUNDLE OF TASKS

The report doesn't ask whether AI takes your job. It splits every job into tasks and asks what happens to each one. Its example is a nurse:

AI does it for you	Filling in the patient's chart, ordering supplies
AI makes you faster	Writing take-home instructions, planning the shift
AI can't do it	Bathing a patient
New tasks appear	Double-checking a care plan the AI wrote

Do this for your own job. Write down the ten things you do most in a week and sort them into these four rows.

— 3 · THREE POSSIBLE FUTURES

Modest.

AI is like the internet: real gains, at a normal pace.

Substantial.

AI can do half of all knowledge work by 2030. The economy grows at twice its normal rate. Office wages stay flat.

Extreme.

AI beats people at most office tasks. Growth hits 15% a year, and nearly one in five office workers is out of work.

When Anthropic surveyed Americans, the typical answer landed closest to Substantial.

The model covers the US only. The tasks don't stop at the border: a spreadsheet in Cairo is the same spreadsheet in Ohio.

Read it yourself: [Scenarios for our Economic Future](#) · [full paper](#)

Demand moves to hands-on work. The report's example: coders and call center agents may need to move into jobs like electrician and nurse.

Office pay stops rising. Flat in the Substantial future, down more than 10% in the Extreme one.

Switching takes a long time. Changing your whole field means new skills and a long search.

Most futures stay within what history has seen. Plan for the one that doesn't.

Step 1: take the courses first

Free, self-paced, in this order. Each ends in a completion badge.

1 Claude 101	What Claude is and how to connect it to your tools	13 lessons, 2.5 hr
2 AI Fluency: Framework and foundations	How to ask well and judge the answer	14 lessons, 4 hr
3 Introduction to Claude Cowork	Hand Claude real tasks on your own files	14 lessons, 2.5 hr

Cowork itself needs a paid Claude plan. The other two work on the free one.

Step 2: then try it with your own hands

Stop only watching videos about AI. Open [Claude use cases](#), pick your field, and try one today. Each takes 10 to 15 minutes.

Marketing

Product

Engineering

HR

Finance

Operations

Data

Design

Legal

Sales

Research

Education

Good first ones: [Quickly prep for your week](#) · [Turn research into presentations](#) · [Compare and analyze competing options](#)

Know which of your tasks AI takes. Learn to run the rest.