

STAY HUMAN WITH AI

AI is the most exciting creative tool I have seen in my career. Here is how to use it without losing what makes you, you.



BRING THE HEART. LET AI HELP WITH THE REST.

★ MAKE SOMETHING

Create, do not just consume. Try a song, a story, or a picture for someone you love.

✓ CHECK IT

AI sounds sure, even when it is wrong. Your name goes on it, so you have the final say.

🔒 KEEP IT PRIVATE

Never paste in anything private about someone else. Their story is theirs to share.

♥ PUT IT DOWN

Use the time AI gives you back for a walk, a call, or a real conversation.

TRY THIS TODAY

Take a photo of this page and upload it to AI.

- 1 "Help me practice a hard conversation. You play the other person. Then tell me how I came across." *Leave out names and private details.*
- 2 "What questions should I be asking that I am not?" *Better questions beat faster answers.*
- 3 "Where am I playing it safe? Give me three fresh angles." *AI loves to cheer. Ask it to stretch you.*
- 4 "Before I reply, help me see this from their side. What might they be feeling?" *Slow down. Read the person first. (Take out names.)*
- 5 "Highlight every sentence here that sounds generic, and ask me for a real story to replace it." *Your stories are the one thing AI does not have.*
- 6 "Based on what you know about me, give me a few ideas for something useful I could build with AI." *Pick one and build it together.*
- 7 "Give me one question to think about on a 15-minute walk. Then tell me to close the laptop." *The best ideas still come offline.*