

Reflection journal pages

Questions from Section 06, with room to think on paper.

No right answers here. Pick one question, write for three minutes, move on. Do this every couple of weeks — alone or as a team — and you'll notice your AI habits changing on their own.

Name / team: _____ Week of: _____

Where AI fits in my business

1 Where in my business could AI save me time without cutting corners on judgement?

2 Which task do I dread most — and is it actually a good fit for AI, or just annoying?

3 What's one thing in my startup that should stay 100% human, and why?

4 If AI disappeared tomorrow, which part of my work would break?

Honesty and trust

5 Would I be comfortable telling my customers exactly how I used AI here?

6 Have I claimed anything in my pitch that I can't personally back up with a source?

7 What information about other people have I put into an AI tool this week?

8 If a judge asked 'which part of this did you write?', what would I say?

My own thinking

9 When did I last disagree with an AI answer — and was I right?

10

Which skill am I building right now, and am I outsourcing exactly that one?

11

Did I use AI to think faster, or to avoid thinking?

12

What did AI get wrong about my business this week, and what does that tell me?

Looking ahead

13

What's one rule I want my team to follow about AI use, starting this week?

14

How will I know if I'm relying on AI too much?

Anything else on your mind?

Questions, concerns or ideas about AI that I want to come back to: