

Quick Exercise: Identify Your Personal AI Advantage

Module 1 — Becoming AI-Proof



Purpose of This Exercise 🧠

AI works best when it supports *who you already are*.

This short exercise helps you:

- recognize your human strengths
- identify areas where AI can help
- understand how the two work together

There are no right answers.

This is about clarity, not comparison.

Step 1: Your Human Strengths ★

Think about how you naturally work or help others.

Write a few words or short phrases.

I am naturally good at:

- _____
- _____
- _____

Examples: explaining things clearly, organizing ideas, problem-solving, listening, teaching, planning, creativity

Step 2: Tasks That Drain Your Energy 🪫

Now think about tasks that feel repetitive, slow, or mentally tiring.

Tasks I would like help with:

- _____
- _____
- _____

Examples: drafting emails, summarizing information, planning, organizing thoughts, brainstorming

Step 3: Where AI Can Support You 🤝

AI works best as a **support tool**, not a replacement.

Complete these prompts with short phrases:

AI could help me by:

- Clarifying my thoughts → _____
 - Saving time on routine work → _____
 - Helping me plan or organize → _____
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Step 4: Your Personal AI Advantage 🧩

Now bring it all together.

Complete this sentence in your own words:

My personal AI advantage comes from combining

with AI's ability to

Write your full sentence here:

Optional Reflection

You don't need to answer this now — just think about it.

- How could this advantage help you at work?
- How could it reduce stress or save time?
- How might it guide how you choose to use AI?

Remember ✓

You don't become AI-proof by doing more.

You become AI-proof by using AI **intentionally**, in ways that support *you*.

You can revisit this exercise anytime —
your answers may change as you grow.