



THE CONTEXT GAP — SOVEREIGNTY PROTOCOLS

AI Adaptation Checklist

Move from "I'll try" to "I have defaults". Your life runs on configuration.

LEVEL 01 — SIMPLE (START HERE)

- ☐ **Notice** when you accept AI output without thinking
- ☐ **Save** one idea offline. Write it by hand
- ☐ **Turn off** one notification. Reclaim 10 minutes
- ☐ **Clarify** your thinking before you ask AI
- ☐ **Pause** before trusting output

LEVEL 02 — MODERATE (BUILD HABITS)

- ☐ **Create** a personal knowledge base for one domain
- ☐ **Test** 3 models on the same question to see bias
- ☐ **Implement** one context filter
- ☐ **Warn** the older generation about synthesized information
- ☐ **Practice** analog: phone calls, handwriting

LEVEL 03 — ADVANCED (BUILD SYSTEMS)

- ☐ **Deploy** guardian agents
- ☐ **Establish** family "secret handshakes"
- ☐ **Build** local-first workflows
- ☐ **Audit** reasoning traces
- ☐ **Opt out** of training data

LEVEL 04 — DEEP (STRUCTURAL)

- ☐ **Shift** from Creator to Consigliere
- ☐ **Value** tacit knowledge
- ☐ **Practice** divergent testing