



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
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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
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LEVEL 03 – ADVANCED (BUILD SYSTEMS)

- Deploy** guardian agents
 - Establish** family "secret handshakes"
 - Build** local-first workflows
 - Audit** reasoning traces
 - Opt out** of training data
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LEVEL 04 – DEEP (STRUCTURAL)

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