

# AI-Resistant Skills

## Quick Reference Guide

Print this page and keep it at your desk for daily reference



# MASTER YOUR DAILY PRACTICE

## Daily AI-Resistant Skills Practice

### Morning (15 min)

- ❑ Review one framework from the 5 modules
- ❑ Identify one problem to solve with MECE today
- ❑ Plan one learning activity (80/20 approach)

### During Work

- ❑ Strategic Thinking: Apply MECE to every problem
- ❑ Emotional Intelligence: Read every room in 30 seconds
- ❑ Creative Problem-Solving: Ask "How do we 10x this?"
- ❑ Ethical Leadership: Build psychological safety
- ❑ Adaptive Learning: Practice new skill (1 hour)

### Evening (15 min)

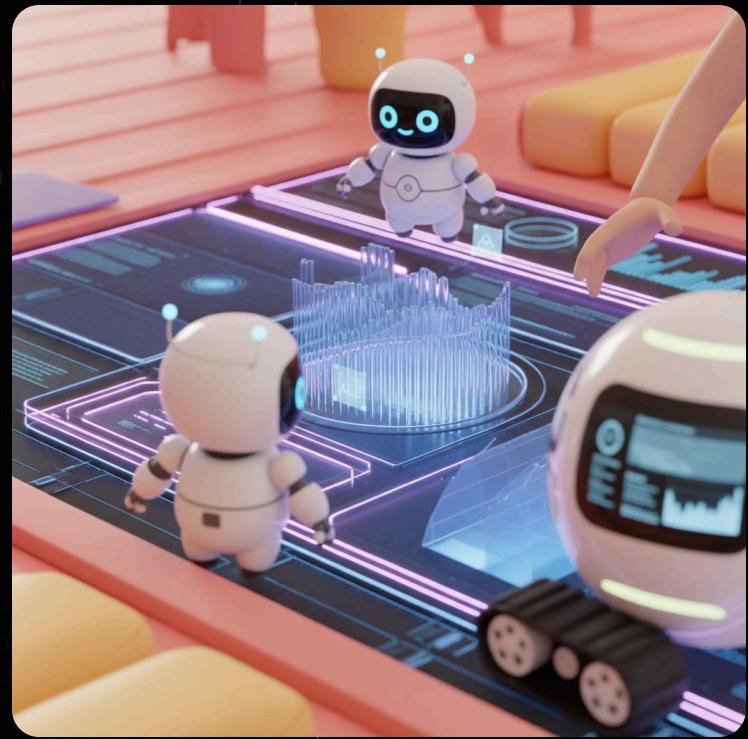
- ❑ Reflect: What did I learn today?
- ❑ Document: What worked? What didn't?
- ❑ Plan: What will I practice tomorrow?

# THE 5 CORE FRAMEWORKS

## 1. MECE Framework (Strategic Thinking)

### Mutually Exclusive, Collectively Exhaustive

The MECE Framework is a powerful tool for structuring thinking and problem-solving. It ensures that all aspects of a problem are considered without any overlap, leading to comprehensive and organized analysis.



01

Break it down into categories (no overlap)

02

Ensure nothing is missing

03

Analyze each category separately

04

Synthesize into solution

#### ▢ Example: Revenue declining?

- Acquisition: Fewer new customers
- Retention: Existing customers leaving
- Monetization: Lower revenue per customer

**Daily Practice:** Apply MECE to one problem

## 2. Trust Equation (Emotional Intelligence)

**Trust = (Credibility + Reliability + Intimacy) / Self-Orientation**

The Trust Equation provides a clear formula for building and understanding trust in relationships, both professional and personal. By focusing on its components, one can consciously cultivate stronger, more reliable connections.



↑ Credibility

Demonstrate expertise

↑ Reliability

Always deliver on promises

↑ Intimacy

Show genuine interest in others

↓ Self-Orientation

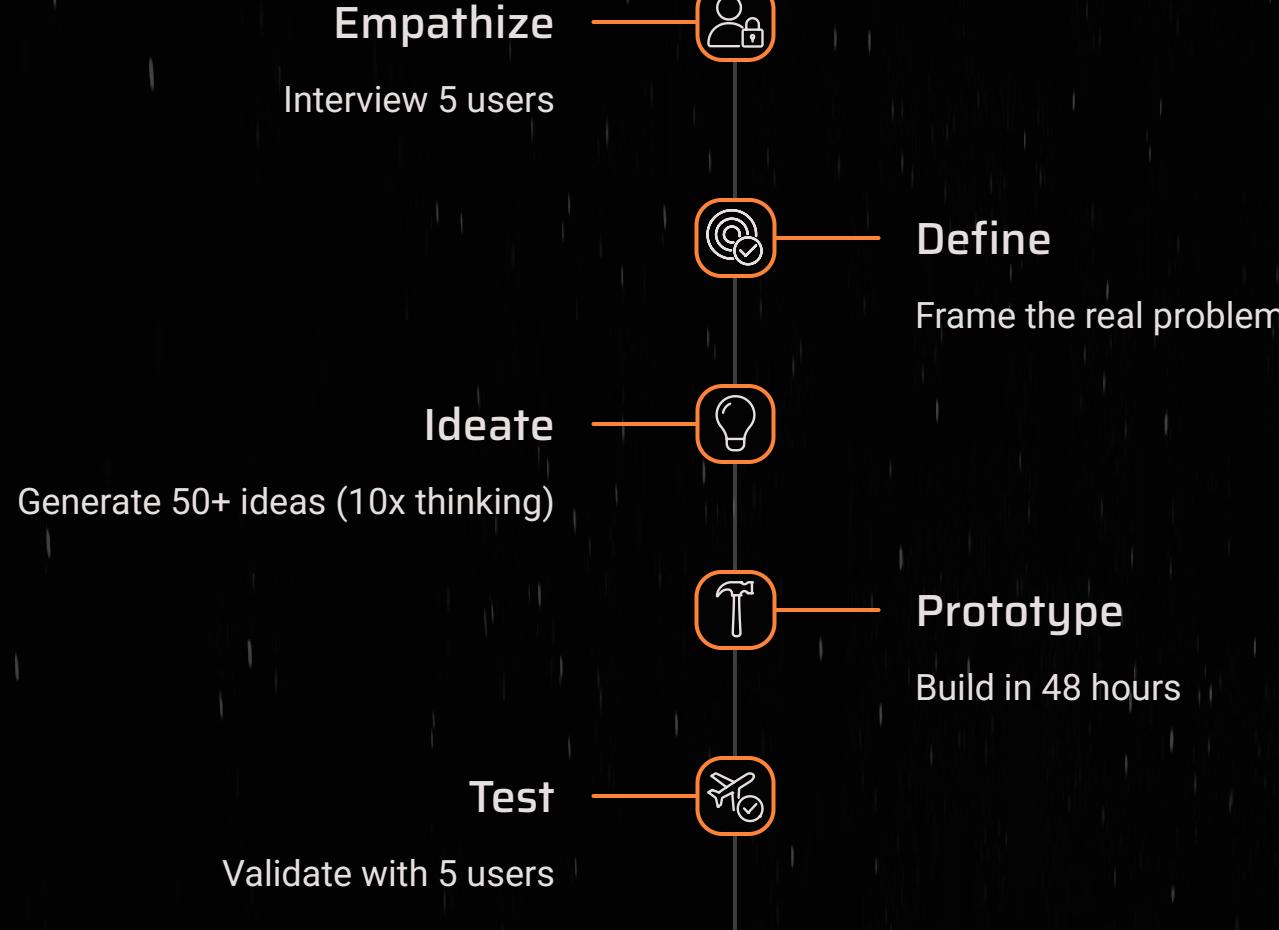
Make it about them, not you

**Daily Practice:** Apply in every interaction

# FRAMEWORKS CONTINUED

## 3. Design Thinking (Creative Problem-Solving)

### 5-Step Process



**Daily Practice:** Ask "How do we 10x this?"

## 4. Amazon Leadership Principles (Ethical Leadership)

### Core Principles



- **Customer Obsession:** Start with customer needs
- **Ownership:** Think long-term (10 years)
- **Bias for Action:** Speed matters
- **Psychological Safety:** Safe to fail

**Daily Practice:** "Working Backwards" press release

## 5. Learning Velocity (Adaptive Learning)

### 4-Step Process



### Identify Gaps

What skill would 10x my value?

### Deliberate Practice

1 hour daily, focused

### Rapid Learning

80/20 approach (20% drives 80%)

### Teach Others

Feynman Technique

**Daily Practice:** 1 hour deliberate practice

# THE 5 AI-RESISTANT SKILLS



## Strategic Thinking

### Why AI Can't Do This:

- AI can analyze data, but can't frame the right problem
- Problem definition is 80% of the solution
- MECE thinking prevents million-dollar blind spots

### Your Daily Practice:

- ☑ Use MECE on one problem
- ☑ Apply 5 Whys to find root cause

### Quick Tools:

- MECE Breakdown: Mutually exclusive, collectively exhaustive
- 5 Whys: Ask "why?" five times to get to root cause
- Pyramid Principle: Answer first, then support

## Emotional Intelligence

### Why AI Can't Do This:

- AI can't build trust (requires vulnerability)
- Reading a room requires human empathy
- Influence without authority is uniquely human

### Your Daily Practice:

- ☑ 10-second pause before reacting to triggers
- ☑ Read every room in 30 seconds (energy, power, emotion)
- ☑ Apply Trust Equation in every interaction
- ☑ Give before you ask (reciprocity)

### Quick Tools:

- 30-Second Room Read: Energy level, power dynamics, emotional temperature
- Trust Equation:  $(C + R + I) / S$
- Influence Framework: Credibility → Reciprocity → Consistency → Social Proof

## Creative Problem-Solving

### Why AI Can't Do This:

- AI can optimize, but can't innovate
- True innovation requires human creativity
- 10x thinking beats AI's incremental improvement

### Your Daily Practice:

- ☑ Interview users about their problems
- ☑ Generate 50+ ideas (quantity over quality)
- ☑ Ask "How do we 10x this?" not "How do we improve 10%?"
- ☑ Prototype in 48 hours, test with 5 users

### Quick Tools:

- Empathy Interview: 5 questions to understand real problem
- 10x Thinking: Aim for 10x better, not 10% better
- Rapid Prototyping: Build in 48 hours, test immediately

## Ethical Leadership

### Why AI Can't Do This:

- AI can't inspire teams (requires purpose)
- Psychological safety requires human vulnerability
- Leading through crisis requires integrity

### Your Daily Practice:

- ☑ Start with customer needs ("Working Backwards")
- ☑ Think 10 years ahead (ownership mindset)
- ☑ Ask "What concerns do you have?" (psychological safety)
- ☑ Thank people for sharing concerns (don't defend)

### Quick Tools:

- Working Backwards: Write press release before building
- 10-Year Decision: Will I regret this in 10 years?
- Psychological Safety: Safe to take risks, safe to fail



## Adaptive Learning

### Why AI Can't Do This:

- AI can't learn across domains (narrow intelligence)
- Human learning velocity is our competitive advantage
- Teaching others solidifies learning (AI can't do this)

### Your Daily Practice:

- ☑ Identify one skill gap
- ☑ Learn the 20% that drives 80% of results
- ☑ Deliberate practice 1 hour (focused, uncomfortable)
- ☑ Teach 3 people this week (Feynman Technique)

### Quick Tools:

- 80/20 Learning: Focus on high-leverage concepts
- Deliberate Practice: Focused, feedback, slightly beyond ability
- Feynman Technique: Teach it to a 12-year-old

# EMERGENCY PROTOCOLS

## When Complexity Hits



### When Facing a Complex Problem

1. MECE Breakdown (5 min)
2. 5 Whys to find root cause (5 min)
3. Generate 3 options (aggressive, conservative, balanced)
4. Decide with available data (don't overthink)



### When Trust is Low

1. Increase Credibility:  
Demonstrate expertise
2. Increase Reliability: Deliver on small promises first
3. Increase Intimacy: Show genuine interest
4. Decrease Self-Orientation:  
Make it about them



### When Innovation is Needed

1. Empathize: Interview 5 users
2. 10x Thinking: How do we make this 10x better?
3. Rapid Ideation: 50+ ideas in 30 minutes
4. Prototype: Build in 48 hours, test with 5 users



### When Team is Disengaged

1. Psychological Safety: Ask "What concerns do you have?"
2. Purpose: Connect work to meaning
3. Ownership: Give autonomy, not micromanagement
4. Recognition: Thank people publicly



### When You Need to Learn Fast

1. Identify: What's the one skill I need?
2. 80/20: What 20% drives 80% of results?
3. Practice: 1 hour daily, deliberate
4. Teach: Explain to 3 people this week

# WEEKLY TRACKING DASHBOARD

Every Sunday (15 min Review)

## Strategic Thinking:

- Problems solved with MECE: \_\_\_/7
- Quality of decisions (1-10): \_\_\_
- Strategic impact created: \$ \_\_\_

## Emotional Intelligence:

- Rooms read accurately: \_\_\_/7
- Trust built (new relationships): \_\_\_
- Influence moments (no authority): \_\_\_

## Creative Problem-Solving:

- Ideas generated: \_\_\_
- Prototypes tested: \_\_\_
- Validated innovations: \_\_\_

## Ethical Leadership:

- Psychological safety moments: \_\_\_/7
- Team engagement (1-10): \_\_\_
- Purpose-driven decisions: \_\_\_

## Adaptive Learning:

- New skill practiced: \_\_\_\_\_
- Hours of deliberate practice: \_\_\_
- People taught: \_\_\_

## This Week's Focus:

- Skill to improve: \_\_\_\_\_
- How I'll practice: \_\_\_\_\_
- Success metric: \_\_\_\_\_

# Monthly Skill Development

## Month 1: Foundation

Week 1-2: Strategic Thinking + Emotional Intelligence

Week 3-4: Creative Problem-Solving + Ethical Leadership

## Month 3: Mastery

Week 9-10: Integration (combine all 5 skills)

Week 11-12: Teach others, measure impact

1

2

3

## Month 2: Skill Building

Week 5-6: Deep practice on weakest skill

Week 7-8: Rapid learning (one new skill)

# KEY METRICS TO TRACK

Skill	Metric	Target
Strategic Thinking	Problems solved with MECE	20+ per month
Emotional Intelligence	Trust score from colleagues (1-10)	8+
Creative Problem-Solving	Ideas generated	100+ per month
Ethical Leadership	Team psychological safety (1-10)	8+
Adaptive Learning	New skills learned	1 per month

## RED FLAGS - When to Pivot

### Strategic Thinking:

- ☒Solving the stated problem, not the real problem
- ☒Non-MECE breakdown (overlap or gaps)
- ☒Analysis paralysis (>2 hours on one problem)

### Emotional Intelligence:

- ☒Reacting emotionally without pause
- ☒Talking more than listening (>50%)
- ☒High self-orientation (making it about you)

### Creative Problem-Solving:

- ☒Skipping empathy (not interviewing users)
- ☒10% thinking instead of 10x thinking
- ☒Building full solution before testing

### Ethical Leadership:

- ☒Building products without customer input
- ☒Short-term thinking (not using 10-year framework)
- ☒Punishing failure instead of learning

### Adaptive Learning:

- ☒Learning without applying (within 48 hours)
- ☒Passive learning (just reading/watching)
- ☒Not teaching others (missing 2x learning boost)

# ADVANCED TECHNIQUES

## The 3-Step Strategic Analysis (Goldman Sachs)

01

### Define the Real Problem

- What is the stated problem?
- What is the REAL problem?
- Who is affected?
- What's the cost of not solving this?

02

### Identify Root Causes (5 Whys)

- Why? → Answer
- Why? → Answer
- Why? → Answer
- Why? → Answer
- Why? → Root Cause

03

### Generate Strategic Options

- Option 1 (Aggressive): High risk, high reward
- Option 2 (Conservative): Low risk, low reward
- Option 3 (Balanced): Moderate risk/reward

## The 30-Second Room Read (Apple Method)

### Energy Level (10 sec):

High energy (excited) or Low energy (tired)?

### Power Dynamics (10 sec):

Who is the decision-maker?  
Who is the influencer?

### Emotional Temperature (10 sec):

Tension (conflict) or Harmony (collaboration)?

#### Adjust Your Approach:

- Low energy → Bring energy, ask questions
- High tension → De-escalate, find common ground
- Harmony → Build momentum, push for decisions

## The Feynman Technique (Teach to Learn)

Choose a concept you learned

Explain it to a 12-year-old

Use simple language (no jargon)

Use analogies and examples

Identify gaps

Where did you struggle to explain?

What don't you fully understand?

Review & simplify

Go back to source material

Fill the gaps

Simplify further

## Resources

### Books:

- "The McKinsey Way" - Ethan Rasiel (Strategic Thinking)
- "Emotional Intelligence 2.0" - Travis Bradberry (EQ)
- "The Lean Startup" - Eric Ries (Innovation)
- "The Infinite Game" - Simon Sinek (Leadership)
- "Ultralearning" - Scott Young (Learning)

### Frameworks:

- MECE (McKinsey)
- Trust Equation (Maister)
- Design Thinking (IDEO/Apple)
- Leadership Principles (Amazon)
- Feynman Technique (Richard Feynman)

### Practice:

- Daily MECE breakdown
- Weekly empathy interviews
- Monthly skill learning
- Quarterly teaching/presenting

# YOUR PERSONAL DEVELOPMENT PLAN

## Current Level (1-10):

- Strategic Thinking: \_\_\_\_
- Emotional Intelligence: \_\_\_\_
- Creative Problem-Solving: \_\_\_\_
- Ethical Leadership: \_\_\_\_
- Adaptive Learning: \_\_\_\_
- Total AI-Resistant Value: \_\_\_\_/50

## Target Level (90 days):

- Strategic Thinking: \_\_\_\_
- Emotional Intelligence: \_\_\_\_
- Creative Problem-Solving: \_\_\_\_
- Ethical Leadership: \_\_\_\_
- Adaptive Learning: \_\_\_\_
- Total AI-Resistant Value: \_\_\_\_/50



My Weakest Skill:

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My Practice Plan:

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My Success Metric:

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Remember: These are not "soft skills." These are \$1M+ skills that AI cannot replicate. Practice daily, measure progress, teach others.