AI-Resistant Skills - Framework Templates

Fill-in-the-blank worksheets for immediate implementation

Template 1: MECE Problem Breakdown Worksheet

Strategic Thinking Framework

Use this template whenever you face a complex problem

Step 1: Define the Problem

What is the stated problem?

What is the REAL problem? (Ask: What's really going on here?)

Who is affected by this problem?

What's the cost of NOT solving this problem?

- Financial cost: $ ___
- Time cost: ___ hours/days
- Opportunity cost: ___
- Reputation cost: ___

Step 2: MECE Breakdown

Break the problem into Mutually Exclusive, Collectively Exhaustive categories:

Category 1: ___

- Sub-issue A: ___
- Sub-issue B: ___
- Sub-issue C: ___

Category 2: ___

- Sub-issue A: ___
- Sub-issue B: ___
- Sub-issue C: ___

Category 3: ___

- Sub-issue A: ___
- Sub-issue B: ___
- Sub-issue C: ___

Check: Do these categories overlap? (They shouldn't)
Check: Is anything missing? (There shouldn't be)

Step 3: 5 Whys (Find Root Cause)

Problem: _____

1. **Why?** → _____

2. **Why?** → _____

3. **Why?** → _____

4. **Why?** → _____

5. **Why?** → **ROOT CAUSE:** _____

Step 4: Generate Strategic Options

Option 1 (Aggressive): High risk, high reward

- **Action:** _____
- **Risk:** _____
- **Reward:** _____
- **Timeline:** _____

Option 2 (Conservative): Low risk, low reward

- **Action:** _____
- **Risk:** _____
- **Reward:** _____
- **Timeline:** _____

Option 3 (Balanced): Moderate risk/reward

- **Action:** _____
- **Risk:** _____
- **Reward:** _____
- **Timeline:** _____

Step 5: Decision

Chosen option: ___

Why this option? _____

Next actions: 1. _____ *2.* _____ 3. _____

Success metric: _____

Decision date: ___ **Review date:** ___

Template 2: Trust Equation Relationship Assessment

Emotional Intelligence Framework

Use this template to build or repair trust with anyone

Relationship Assessment

Person's name: ___
Relationship type: ☐ Colleague ☐ Client ☐ Manager ☐ Direct Report ☐ Other: ___

Current trust level (1-10): _
Desired trust level (1-10):
Gap to close: __

Trust Equation Analysis

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

1. Credibility (Do they believe I'm competent?)

Current score (1-10): _____

Evidence of credibility: - _____ - _____

How to increase credibility: - ☐ Demonstrate expertise in ___ - ☐ Share relevant experience: ___ - ☐ Provide valuable insights on: ___ - ☐ Solve a problem for them: ___

Action this week: _____

2. Reliability (Do they believe I'll deliver?)

Current score (1-10): _____

Evidence of reliability: - _____ - _____

How to increase reliability: - ☐ Make a small promise and keep it: ___ - ☐ Always do what I say I'll do - ☐ Be on time for: ___ - ☐ Follow up on: ___

Action this week: _____

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3. Intimacy (Do they feel safe with me?)

Current score (1-10): _____

Evidence of intimacy: - _____ - _____

How to increase intimacy: - ☐ Show genuine interest in: ___ - ☐ Ask about: ___ - ☐ Share something personal: ___ - ☐ Be vulnerable about: ___

Action this week: _____

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4. Self-Orientation (Am I making it about me or them?)

Current score (1-10, lower is better): _____

Evidence of self-orientation: - _____ - _____

How to decrease self-orientation: - ☐ Listen more than talk (aim for 70/30) - ☐ Ask: "How can I help you with ___?" - ☐ Focus on their goals: ___ - ☐ Give before asking: ___

Action this week: _____

Trust Building Plan

Week 1 Focus: ☐ Credibility ☐ Reliability ☐ Intimacy ☐ Self-Orientation

Specific actions: 1. _____ 2. _____ 3. _____

Success metric: _____

Review date: ___

Template 3: Design Thinking Worksheet

Creative Problem-Solving Framework

Use this template to innovate and solve problems creatively

Step 1: Empathize (Interview 5 Users)

Problem to solve: _____

User 1: - Name/Role: ___ - Pain point: _____ - *Quote: "_____"*

User 2: - Name/Role: ___ - Pain point: _____ - *Quote: "_____"*

User 3: - Name/Role: ___ - Pain point: _____ - *Quote: "_____"*

User 4: - Name/Role: ___ - Pain point: _____ - *Quote: "_____"*

User 5: - Name/Role: ___ - Pain point: _____ - *Quote: "_____"*

Step 2: Define (Frame the Real Problem)

What we thought the problem was:

What the problem ACTUALLY is:

Problem statement: "How might we _____?"

Step 3: Ideate (Generate 50+ Ideas)

10x Thinking: How do we make this 10x better, not 10% better?

Ideas (aim for 50+, no filtering yet):

1.
2.

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. 21-50. *(Continue on separate sheet)*

Top 3 ideas to prototype: 1. _____ *2. _____* 3. _____

Step 4: Prototype (Build in 48 Hours)

Idea to prototype: _____

What we'll build: _____

Materials needed: - ___ - ___ - ___

Timeline: - Hour 1-12: ___ - Hour 13-24: ___ - Hour 25-36: ___ - Hour 37-48: ___

Prototype completion date: ___

Step 5: Test (Validate with 5 Users)

User 1 Feedback: - What worked: _____ - *What didn't:* _____ - Suggestion: _____

User 2 Feedback: - What worked: _____ - *What didn't:* _____ - Suggestion: _____

User 3 Feedback: - What worked: _____ - *What didn't:* _____ - Suggestion: _____

User 4 Feedback: - What worked: _____ - *What didn't:* _____ - Suggestion: _____

User 5 Feedback: - What worked: _____ - *What didn't:* _____ - Suggestion: _____

Decision

☐ **Keep** - It works! Scale it.
☐ **Iterate** - Good start, needs improvement. What to change: ___
☐ **Discard** - Doesn't work. Try next idea.

Next steps: 1. _____ *2.* _____ 3. _____

Template 4: Working Backwards Press Release

Ethical Leadership Framework

Use this template before building any product or initiative

Press Release Template

FOR IMMEDIATE RELEASE

Date: ___

Headline: _____

Subheadline: _____

[CITY, STATE] – *(Opening paragraph: What are you launching?)*

_____
_____
_____

The Problem *(What customer problem does this solve?)*

_____
_____
_____

The Solution *(How does your product/initiative solve it?)*

_____
_____
_____

Customer Quote *(What would a delighted customer say?)*

"_____

_____"

— ____, ____

How It Works *(Simple explanation)*

_____
_____
_____

Why Now? *(Why is this important today?)*

_____
_____

Leadership Quote *(What would you say as the leader?)*

"_____

_____"

— ____, ____

Availability *(When and how can customers get this?)*

_____
_____

Working Backwards Questions

After writing the press release, answer these:

1. **Is this customer-obsessed?** (Does it start with customer needs?)
   ☐ Yes ☐ No ☐ Needs work

2. **Is this a 10-year decision?** (Will we be proud of this in 10 years?)
   ☐ Yes ☐ No ☐ Needs work

3. **Does this create psychological safety?** (Is it safe to build/fail?)
   ☐ Yes ☐ No ☐ Needs work

4. **Does this have bias for action?** (Can we move fast?)
   ☐ Yes ☐ No ☐ Needs work

If any answer is "No" or "Needs work," revise before building.

Template 5: 80/20 Learning Plan

Adaptive Learning Framework

Use this template to learn any new skill fast

Step 1: Identify the Skill Gap

What skill would 10x my value?

Why this skill? - ☐ Career advancement - ☐ Solve current problem - ☐ Future-proof my career - ☐ Personal interest - ☐ Other: ___

Current competence level (1-10): _
Target competence level (1-10):
Timeline: _____ days

Step 2: 80/20 Analysis

What 20% of this skill drives 80% of results?

Core concepts to learn: 1. _____ *2.* _____ 3. _____ *4.* _____ 5. _____

What can I ignore for now? (The 80% that only drives 20% of results) - _____ - _____ - _____

Step 3: Learning Resources

Best resources for the 20%:

Books: 1. ___ (Read chapters: ___) 2. ___ (Read chapters: ___)

Courses: 1. ___ (Complete modules: ___) 2. ___ (Complete modules: ___)

Videos/Tutorials: 1. ___ (Watch: ___) 2. ___ (Watch: ___)

Practice projects: 1. _____ *2.* _____

Total learning time estimate: _____ hours

Step 4: Deliberate Practice Plan

Daily practice schedule:

Time: ___ (1 hour minimum)
Location: ___
What I'll practice: _____

Week 1 Focus: _____

Week 2 Focus: _____

Week 3 Focus: _____

Week 4 Focus: _____

Step 5: Feedback Loop

How will I get feedback? - ☐ Mentor/coach: ___ - ☐ Peer review from: ___ - ☐ Self-assessment using: ___ - ☐ Measurable results: ___

Feedback schedule: Every ___ days

Step 6: Apply Within 48 Hours

Where will I apply this skill immediately?

Project/situation: _____

Application date: ___

Success metric: _____

Step 7: Teach Others (Feynman Technique)

Who will I teach this week?

Person 1: ___ (Date: ___)
Person 2: ___ (Date: ___)
Person 3: ___ (Date: ___)

Teaching method: - ☐ One-on-one explanation - ☐ Group presentation - ☐ Written guide - ☐ Video tutorial - ☐ Workshop

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Progress Tracking

Week 1: - Hours practiced: _ - **Competence level (1-10):** - *Applied in real situation:* ☐ *Yes* ☐ *No - People taught:* __

Week 2: - Hours practiced: _ - **Competence level (1-10):** - *Applied in real situation:* ☐ *Yes* ☐ *No - People taught:* __

Week 3: - Hours practiced: _ - **Competence level (1-10):** - *Applied in real situation:* ☐ *Yes* ☐ *No - People taught:* __

Week 4: - Hours practiced: _ - **Competence level (1-10):** - *Applied in real situation:* ☐ *Yes* ☐ *No - People taught:* __

Total transformation: */10* →/10

🎯 How to Use These Templates

1. **Print all templates** and keep in a binder
2. **Use one template per week** as you progress through the course
3. **Fill them out completely** - don't skip sections
4. **Review weekly** to track progress
5. **Share with accountability partner** for feedback

Remember: These frameworks are used by Fortune 100 companies. You now have access to the same tools. Use them!

Million Dollar Blueprint - AI-Resistant Skills Framework Templates