

CHAPTER 3 - THE FIVE LIES YOU'VE BEEN TOLD ABOUT AI

Where You Stand Today

A quick, honest read on where you stand with AI right now.

There is no finish line you have already missed. Place yourself on this scale without judging the answer, then come back to it after you finish the book.

#	Where I Am Today
1	I avoid using AI entirely.
2	I am curious, but I only use AI occasionally.
3	I use AI for one or two regular tasks.
4	I use AI fairly regularly in my work.
5	I use AI confidently and intentionally to improve the way I work.

Right Now

The level I chose, and why, in one honest sentence:

One task this week where using AI could genuinely save me time or improve the quality of my work:

Today's date:

Two beliefs worth checking before you decide this does not apply to you

“This is just hype, I'll deal with it later.” The adoption speed suggests otherwise.

“Everything is changing overnight and there's no time left to catch up.” Also not true.

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Revisit This When You Finish the Book

Come back to this page after you have read the last chapter. Do not edit your answer above. Add a new one below.

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The level I chose this time:

What actually moved? Not what you learned, what you now do differently:

Today's date:

The future rarely changes overnight. It changes one habit at a time.