

THE WHOLE BOOK - EVERY CHAPTER, ONE PLACE

The Belief Audit Workbook

Every belief-versus-reality table in the book, gathered in one place for a single, honest pass.

Check the box for anything you recognize in your own thinking, past or present.

Chapter 2 - Meet Your New Intern

The Belief	The Reality
It remembers me from last time.	Only if the specific tool is built to save that memory on purpose. Treat every new conversation as a fresh start.

Chapter 3 - The Five Lies

The Belief	The Reality
AI is just a smarter search engine.	AI generates a fresh answer from patterns.
AI is neutral, it's just a machine.	AI reflects the patterns in whatever it learned from.
AI understands what I actually mean.	It understands your words, not automatically your context.
Using AI means using less judgment.	It changes where judgment is needed, not whether.
AI is too technical for someone like me.	The people who gain most are rarely the most technical.

Chapter 3 - Two Beliefs About Timing

The Belief	The Reality
This is just hype, I'll deal with it later.	The adoption speed suggests otherwise.
Everything is changing overnight, no time to catch up.	Also not true. Most people started exactly where you are.

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Chapter 4 - The Art of Asking Well

The Belief	The Reality
A good prompt should be short.	A good prompt is complete, not short.
If I explain so much, the AI isn't smart.	More context is how good collaboration works.
One try should be enough.	The first response is usually the beginning, not the end.

Chapter 5 - Give It the Full Picture

The Belief	The Reality
More information always means a better answer.	Relevant helps. Irrelevant creates noise.
Once uploaded, AI remembers it forever.	Not usually, only for the current conversation.
I have to retype my background every time.	Custom Instructions and templates solve this.

Chapter 7 - Your Starter Toolkit

The Belief	The Reality
The newest tool is always better.	Often not enough to justify the switching cost.
I need a different tool for every task.	One good assistant covers most daily tasks.
Free tools can't be good enough.	Free tiers are more than capable for most tasks.

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Chapter 8 - How AI Learns Your Work

The Belief	The Reality
If our tool got something wrong, all AI must be unreliable.	It matters whether the tool was closed book or open book.
Connected to documents means it knows everything.	There's still a limit to what fits.
Any AI that can act is too risky.	Risk depends on the safeguards and governance.

Chapter 9 - Redesign the Work

The Belief	The Reality
Using AI on my process is the same as redesigning it.	Real gains come from questioning the process itself.
Redesigning sounds risky and complicated.	FLOW is a structured, low-risk way to do it.
The goal is always speed.	Consistency usually improves too, not just speed.

Chapter 10 - What AI Still Can't Do

The Belief	The Reality
Talking about limits is just coping.	Sanjay and Leena's difference was measurable outcome, not comfort.

Chapter 11 - Protecting Your Mind

The Belief	The Reality
Any use of AI for thinking is bad for my brain.	The risk is using AI instead of thinking, not using it at all.

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Chapter 12 - Before You Trust AI

The Belief	The Reality
If nothing bad has happened, my habits must be fine.	Arjun believed this for three weeks. Absence of a problem isn't absence of risk.
Enterprise and consumer tools are basically the same.	Data handling commitments frequently are not the same.
Copyright is only a concern for professional artists.	If your work gets published or sold, this reaches further.

Chapter 14 - Turning Insight Into Habit

The Belief	The Reality
I need to apply everything in this book at once.	Priya built one habit at a time.
Missing a few days means I've failed.	Progress is measured by returning, not perfect streaks.
This only works for leadership or learning roles.	The pattern remains the same across every role.

What Did You Notice?

The belief that surprised me most, seeing it written down:

The one I most need to keep in view over the next month: