

THE WHOLE BOOK - FROM MEET THROUGH RISE

The Complete Intelligence Mirror Scorecard

No one is grading you. This is a quiet way to notice where you actually stand.

Each chapter of the book ends with a short checklist: Yes, Somewhat, or Not Yet. This page brings every check-in into a single scorecard, organized by the six MIRROR habits.

Part One - Chapters 1-3

M MEET	Yes	Somewhat	Not Yet
I can explain what AI actually is, in plain language, to someone who has never used it.			
I expect AI's quirks instead of being surprised by them.			
I've identified at least one of the five lies about AI that I used to believe.			

Part Two - Chapters 4-6

I/R INQUIRE & RECHECK	Yes	Somewhat	Not Yet
I use RCTF, or something like it, before an important AI request.			
I give AI real context instead of expecting it to guess.			
I run SIFT on anything AI gives me before I trust it.			

Part Three - Chapters 7-9

R REDESIGN	Yes	Somewhat	Not Yet
I've picked a small core set of AI tools instead of collecting dozens I never open.			
I know whether a company AI tool is retrieving documents or taking real action.			
I've redesigned at least one real workflow with FLOW.			

Part Four - Chapters 10-12

O OWN	Yes	Somewhat	Not Yet
I run CORE before letting AI's recommendation carry too much weight.			
I can tell the difference between helpful and harmful offloading.			
I follow TRUST, especially thinking before I paste.			

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Part Five - Chapters 13-15

R RISE	Yes	Somewhat	Not Yet
I model open, honest AI use for the people around me.			
I have an actual practice plan, not just good intentions.			
I have a simple, repeatable habit for staying current.			

What This Tells You

The habit with the most “Not Yet” marks:

One small action I will take this week to move it toward “Yes”:

Today's date:

A note on this scorecard

AI Reflects. You Decide. This scorecard works the same way. It reflects where you stand today. What you do with that reflection is entirely your decision.