

THE WHOLE BOOK, IN ONE PAGE

The MIRROR Framework

Six habits that turn using AI into thinking with AI.

AI Reflects. You Decide.

Letter	Habit	What it means	Part
M	MEET	See AI for what it actually is before you lean on it.	PART ONE
I	INQUIRE	Give AI enough to work with: a role, real context, a clear task, and the format you need.	PART TWO
R	RECHECK	Pause before you trust a confident answer. Stop, investigate, find a better source, trace the logic.	PART TWO
R	REDESIGN	Ask what the work should look like, not just how to do it faster.	PART THREE
O	OWN	Decide which calls are yours alone to make, and make them.	PART FOUR
R	RISE	Help one other person build these same habits.	PART FIVE

Six tools, arriving exactly when you need them

RCTF: asking AI well (Ch. 4) | SIFT: catching AI when wrong (Ch. 6) | FLOW: redesigning work (Ch. 9)
CORE: decisions that stay yours (Ch. 10) | TRUST: using AI safely (Ch. 12) | Mind-FIRST: the lasting habit (Ch. 13-14)

Your Starting Point Today

Today's date and the habit I am starting with: