



AI JOURNALLING TOOL

SHIFT YOUR FOCUS TO WHERE YOU STAND IN THE AI ERA

STEP 1: ONE SKILL YOU WANT TO BUILD OR GROW

SKILL:

WHY THEY MATTERS:

STEP 2: ONE LIFE AREA YOU WON'T LET AI REPLACE

AREA:

WHAT IT GIVES YOU:

STEP 3: ONE CHANGE YOU'VE ALREADY ADAPTED TO

EXAMPLE:

WHAT IT SHOWED YOU:

STEP 4: ONE TOOL OR TECH THAT BOOSTS YOUR LIFE

TOOL:

WHY IT WORKS FOR YOU: