



AI SELF TALK TOOL

STEP 1: RECOGNISE YOUR CURRENT THOUGHTS

WHAT ARE YOU CURRENTLY SAYING TO YOURSELF ABOUT AI OR THE FUTURE?

STEP 2: CLASSIFY THE THOUGHT

TICK THE BOX THAT BEST DESCRIBES YOUR CURRENT THINKING:

- PRODUCTIVE (*Helps you take action*)
- CONSTRUCTIVE (*Helps you improve or reflect*)
- DESTRUCTIVE (*Leads to fear or avoidance*)

STEP 3: RESPOND WITH CLARITY

WHAT WOULD THE USEFUL VERSION OF THAT THOUGHT BE?

STEP 4: WHAT STEP YOU CAN TAKE RIGHT NOW?
