

Chapter 10 Resources

Build With Artificial Intelligence

Reflection Questions · Builder Exercises · AI in Action

REFLECTION QUESTIONS

Reflect on these before moving on. Write your answers somewhere you will return to.

1. Are you using AI like a centaur, to amplify your judgment, or are you avoiding it, or worse, letting it think for you?
2. Of the five roles, tutor, researcher, creative partner, analyst, and automator, which are you already using, and which have you never tried?
3. Where have you trusted an answer that turned out to be confidently wrong? How will you verify what matters from now on?
4. What part of your work is uniquely human, the judgment, taste, and relationships a machine cannot replace, and are you investing enough in it?
5. Is there any way you are tempted to use AI to fake rather than to amplify? Where is your line?

BUILDER EXERCISES

AI rewards the people who actually use it. Each of these takes under an hour.

1. Map your five roles. Write down the five roles, and beside each, one real task in your life or enterprise you could hand to AI this week. Then do one of them today.
2. Build something today. Pick one thing you have wanted to build, a page, a plan, a piece of content, and use AI to create a rough first version in a single sitting. Done is the goal, not perfect.
3. Practice verifying. Take an important claim AI gives you and verify it against a trustworthy source. Practice the centaur habit of trusting, then checking, until it becomes automatic.
4. Set your line. Write a short personal AI policy: what you will use it for, what you will never use it for, and how you will protect your authentic voice and your likeness. One page is enough.

AI IN ACTION

This whole chapter has been AI in action. So your exercise here is to build the habit that ties it all together. Your own AI operating system.

Spend thirty minutes creating a simple document with five headings, one for each role, and under each, the specific prompts and uses you will return to again and again. Your go-to tutor prompt for learning. Your research prompt for understanding something fast. Your creative prompt that respects your voice. Your analyst prompt for thinking through a decision. Your automation ideas for the busywork you hate. This becomes your personal cockpit, the place you go to put the leverage to work.

Then run one real cycle of the Builder's Loop from the last chapter, fully assisted. Use AI to research a problem you care about, to draft the smallest experiment to test it, and to help you make sense of what you learn. Notice how much of a loop that once took a team and months can now begin for one person in an afternoon. That speed is the whole point.

And keep the centaur rule taped to the inside of your mind through all of it. The machine drafts, gathers, and accelerates. You decide, verify, and own the result. Let the tool make you faster and bigger. Never let it make you someone you are not.