

Mindset Reset: Three Self-Coaching Questions

WHY THIS MATTERS

The most common barrier to getting started with AI isn't a lack of technical skill, it's a question of identity. When a tool can approximate in seconds what took you years to learn, it's natural to wonder what that means for the value you bring. The answer, borne out by research and real workplace experience, is this: your judgment is what makes AI useful. Without your context and ability to recognize a wrong answer, AI output is plausible-sounding noise. With it, AI becomes a lever.

The Three Questions:

Take 10 minutes to reflect on these questions before you open any AI tool. Write down your answers. What you surface will become the foundation for everything that follows.

What do I understand about my work—my organization, my clients, my field—that would take a newcomer years to learn?

Where in my current work do I spend the most time on tasks that feel mechanical or repetitive, when I'd rather be applying my judgment?

If I could hand off one part of my job to a capable assistant—not to replace my thinking, but to free more time for it—what would that be?

Mindset Reset Prompt:

Use the prompt below and fill it in with details about your job field or function. Then, copy it and enter it into your authorized/favorite AI tool.