

# 23 Questions About Your AI Use

Run it every month. All yes = you're on track.

## YOUR WORK

- 1. Did you edit or rework every output before shipping it?
- 2. Did you catch the AI getting something wrong this month?
- 3. Was your vibe-coding worth the time you saved quality-wise?
- 4. If you timed your AI-assisted tasks end-to-end, did you save time?
- 5. Are you better at your job than you were a month ago?

## YOUR SKILLS

- 6. Did you do at least one task without AI this month that you normally use AI for?
- 7. Could you still do your most important task at the same quality without AI?
- 8. Did you sit alone with a difficult problem before reaching for AI?
- 9. Did you develop an original idea this month that AI inspired?
- 10. Can you tell when AI output is wrong in your domain?

## YOUR GROWTH

- 11. Did you make something you could not have made without AI?
- 12. Did you hold back from producing something despite it being easy to make?
- 13. Is your AI-assisted work better than your pre-AI work?
- 14. Did you learn to do something novel with the help of AI?

## YOUR HABITS

- 15. Did you replace AI's default structure with your own at least once?
- 16. Did you tailor your prompts to each tool?
- 17. Have you used at least once everything you built with AI?
- 18. Did you use the right tools for the right tasks?
- 19. Did you double-check an output that confirmed your biases?

## YOUR DEPENDENCY

- 20. Could you do tomorrow's work without any AI?
- 21. Do you use every AI tool you're currently paying for?
- 22. If the price doubled, could you walk away without panic?
- 23. Could you switch to a competing AI without rebuilding everything?

