



Slow down to keep up

*An AI reflection practice
for library workers*

Know yourself

- What part of my work feels the most like “me”?
- What would I hand off to AI? What would I keep?
- How much of my week goes to the work I came here to do?
- What strength of mine does no tool have?

Examine AI use

- How are the people I serve actually using AI?
- Who could these tools harm or leave behind?
- Where did my data go when I used that tool?
- What value felt tested by an AI decision this week?

Process feelings

- What about AI worries me? What would ease that worry?
- What am I curious about?
- When I resist a tool, what is underneath that?
- Where is the pressure to keep up coming from?



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How it works

- Pick one prompt.
- Write for 15 to 30 minutes.
- Date your entry.
- Once a week, same day and time is best.
- Set a weekly calendar reminder and paste a prompt into it.
- No audience. No judgment.

Your first four weeks

1. Where did AI show up in my work this week?
2. What part of my work do I most want to preserve?
3. How do I feel about what AI means for my work? Why?
4. Reread your entries. What changed? What held steady?

Why it works

Expressive writing builds self-knowledge and helps manage strong emotions in as little as 15 minutes a day (Pennebaker et al., 2014).

Over time, your entries become a personal, evolving set of AI practices that fit your role and your values.

Inspired by Lan Li, "To Keep Up with AI, First Slow Down," Katina Magazine, 2026.
Compiled by Scissors & Glue, LLC

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