Overcoming AI Exhaustion

10 practical reflections to reset and choose what works for you

Choose the activities that speak to you. Write by hand or type in the boxes.

1 Name your overwhelm

What specific AI-related pressures are weighing on you? List two or three, then star the biggest one.

2 Let go of keeping up

What is one AI topic, update, or expectation you can stop tracking for now? What would be enough?

3 Try an AI information diet

Choose one or two trusted sources and a realistic check-in schedule. What noise can you mute?

4 Sort your circles of control

Put your current AI concerns in the three categories below.

I can control	I can influence	Outside my control or influence

5 Set values-based boundaries

Complete this thought: I am comfortable using AI for ___, but I will avoid ___ because ___.

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6 Start with the problem, not the tool

Recall a task that was not a good fit for AI. What happened, and what would you do differently next time?

7 Experiment small and with purpose

Choose one low-stakes experiment. What will you try, and how will you decide whether it helped?

8 Ask for clarity and find your people

What is one question about AI expectations you need answered? Who could help you think it through?

9 Keep your thinking in the driver's seat

Where is your own expertise essential? Name one way you will check or challenge an AI output.

10 Take breaks and protect the human parts

What will you do this week that has nothing to do with AI? When will you make time for it?