



STARS FRAMEWORK

From Chapter 5 of *AI and the Art of Being Human*

WHAT IT IS

A structured framework for translating Identity Matrix insights into sustainable daily practice.

WHERE YOU WOULD USE IT

- After completing your Identity Matrix and identifying qualities to develop
- When you want to deepen any quality that matters to you
- When building practices that honor rather than just optimize who you are
- When solo efforts at personal development keep failing

THE TOOL:

Five Design Elements

Build a sustainable practice for any Identity Matrix quality by incorporating these five components:

- **Small:** Keep your practice to 5–30 minutes so you’ll actually do it daily—a five-minute practice maintained beats an hour-long one abandoned
- **Time-boxed:** Commit to following this practice for a specific period (30 days initially) rather than “forever”—finite commitments are easier to keep
- **Accountable:** Tell someone about what you are doing—external witnesses create consistency
- **Reflective:** Build in weekly moments to notice what’s changing—not judging good/bad, just observing shifts
- **Social:** Practice with or around others when possible—transformation happens in relationship, not isolation

HOW TO USE IT

Pick one quality from your Identity Matrix—ideally from Enduring Essence, Evolving Expression, or Yet To Be Cultivated. Design a practice hitting all five components of the STARS framework.