



HUMAN QUALITIES SPECTRUM

From Chapter 3 of *AI and the Art of Being Human*

WHAT IT IS

A way to understand which human qualities AI can replicate and which remain uniquely ours—not to compete, but to focus on what matters.

WHERE YOU WOULD USE IT

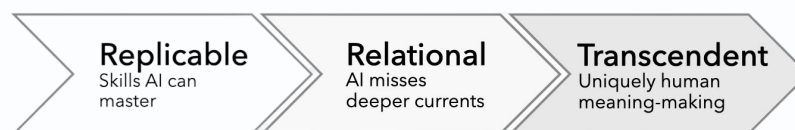
- When AI matches or exceeds your professional capabilities
- When questioning your value as machines improve
- When deciding where to invest your development energy
- When feeling threatened by AI replicating your style or skills

THE TOOL:

A Spectrum Flowing Left To Right

- **Replicable** (left): Skills AI can master—calculation, pattern recognition, and even certain creativity. Most “knowledge work” lives here
- **Relational** (middle): Human presence and context—emotional attunement, reading the room, navigating unique moments. AI participates but misses deeper currents.
- **Transcendent** (right): What emerges from being human—meaning-making, moral imagination, choosing to find sacred what others call ordinary. These arise from having something at stake.

The Human Qualities Spectrum



HOW TO USE IT

List 10 activities that define your work or identity. Place each somewhere on the spectrum from Replicable to Transcendent. Be honest—many skills you’re proud of may fall toward the Replicable end, and that’s okay. The insight comes from seeing where you cluster: are you investing primarily in the left side where AI will eventually excel? Shift your focus toward developing qualities further to the right on the spectrum—not to be special, but to be fully human. Remember: this isn’t a hierarchy; we need all parts of the spectrum, but must stop pretending the left side makes us irreplaceable.