



COMMITMENT LADDER

From Chapter 13 of *AI and the Art of Being Human*

WHAT IT IS

Three escalating timeframes that transform your vow from today's inspiration into sustained practice and shared wisdom.

WHERE YOU WOULD USE IT

- Immediately after making your One-Line Vow
- When previous commitments have failed due to a lack of structure
- When you need accountability at multiple scales
- When you want to contribute to collective learning

THE TOOL:

Three Rungs (Schedule All Three Now)

- **24 hours:** One tiny immediate action that makes your vow real—ask a colleague, install a reminder, print the Pocket Card
- **30 days:** Calendar a learning review right now—what worked, what's harder than expected, how has understanding evolved?
- **1 year:** Commit to teaching others—start a circle, mentor someone, write about what you've learned. Remember that wisdom hoarded helps no one.

Commitment Ladder

24 HOURS:

One tiny action
"Tomorrow I will ..."

30 DAYS:

Review & adjust
"Next month I'll ..."

1 YEAR:

Share the practice
"Next year I'll ..."

HOW TO USE IT

After making your vow, immediately schedule all three commitments in your calendar. The 24-hour action must be specific and doable tomorrow. Block 30 minutes exactly one month out for reflection. Set a 1-year reminder to share what you've learned. This ladder transforms inspiration into implementation—each rung builds on the last. Small immediate actions create momentum, monthly reviews enable learning, and yearly teaching ensures wisdom spreads.