



ROADMAP CANVAS

From Chapter 11 of *AI and the Art of Being Human*

WHAT IT IS

A living document that transforms AI understanding into concrete action through 90-day learning cycles.

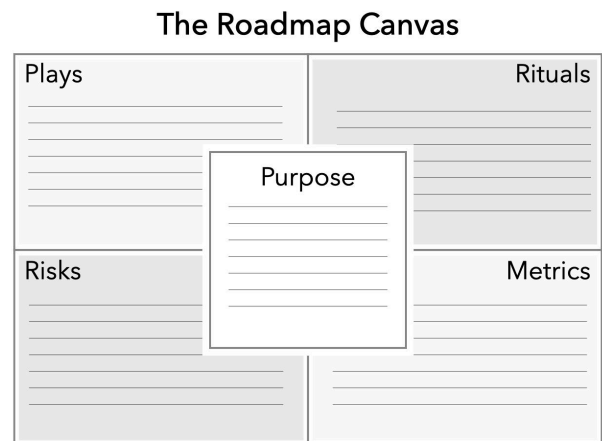
WHERE YOU WOULD USE IT

- When ready to move from learning about AI to actively shaping your relationship with it
- When inspiration needs to become implementation
- When you have clarity but lack structure for action
- When previous AI initiatives have stalled

THE TOOL:

Five Elements (Evolves With Practice)

- **Purpose:** Why this transformation matters—not what you'll build but the more profound change you seek
- **Plays:** Three concrete 90-day experiments—hypotheses to test, not commitments to defend
- **Risks:** Honest assessment via the 4-Lens Scan—what could go wrong, who might be harmed
- **Rituals:** Practices that keep you grounded—not productivity hacks but anchors to purpose
- **Metrics:** Measuring meaning, not just numbers—include stories, energy levels, what actually matters



HOW TO USE IT

Draft version 1.0 in 30 minutes—it's meant to be wrong. Review in 30 days, and update based on reality, not projection. Run 90-day cycles: Weeks 1–2 fill out the canvas; Weeks 3–11 run experiments; Week 12 retrospective; Week 13 reframe. Share with an accountability partner who will ask hard questions. The roadmap that changes your life is the one you actually start, not the one you perfect.