



POCKET CARD

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

WHAT IT IS

A portable reminder of the four core principles—small enough to carry, yet powerful enough to redirect you when pressures mount.

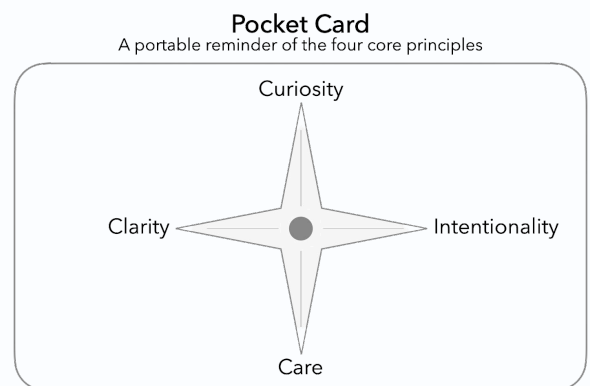
WHERE YOU WOULD USE IT

- When notifications flood you with false urgency
- Before any AI-mediated decision
- When efficiency nudges you away from doing what you feel is right
- When you need to remember what matters most

THE TOOL:

Four Principles (Arranged Like Compass Points)

- **Curiosity:** Stay willing to be surprised—resist defaulting to the obvious answer
- **Intentionality:** Choose consciously rather than following algorithmic momentum
- **Clarity:** See what the AI tool or model misses—the human context beneath the data
- **Care:** Choose human flourishing over pure optimization



HOW TO USE IT

Print the card. Laminate it if you want. Put it where you'll see it—wallet, laptop, desk, mirror. When facing any AI decision, pull it out and consider all four principles. Let them redirect you when pressure mounts. This isn't abstract philosophy but practical navigation—your North Star when algorithmic currents try to sweep you off course. The physical card matters—tangible wisdom in a digital world.