



ONE-LINE VOW

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

WHAT IT IS

A public commitment that transforms private intentions into shared accountability for how you'll engage with AI.

WHERE YOU WOULD USE IT

- When ready to move from understanding to action
- When you need accountability for AI choices
- When joining others in collective commitment
- When private promises keep evaporating

THE TOOL:

A Simple Format

- “**I will use AI to** _____ **so that** _____”
- **First blank:** Your specific action with AI
- **Second blank:** Your human-centered purpose

One Line Vow

I will use AI to: _____

so that: _____

The first blank is your action, the second is your why. Specific enough to guide daily choices, open enough to evolve as you do.

HOW TO USE IT

Write your vow using the format. Make it specific enough to guide daily choices, open enough to evolve as you learn. Share it publicly—on social media, in a team meeting, at a family dinner. Tell at least three people who will hold you accountable. The public declaration transforms private intention into shared commitment. Each vow is a small rebellion against passive AI consumption, a choice to engage with purpose. When thousands make vows together, individual choices become collective momentum.