

Human First: AI Self-Governance Reflection Tool

Part 1 – Self-Worth Check

1. When I use AI, I feel:

☐ Empowered ☐ Efficient ☐ Replaced ☐ Validated ☐ Less capable ☐ More capable

2. Do I compare my value to AI performance?

3. If AI did not exist, how would I define my worth?

Part 2 – Wellness Wheel Scan

Rate your current AI use across the following dimensions (Strengthens / Neutral / Weakens):

Emotional: _____

Social: _____

Occupational: _____

Intellectual: _____

Physical: _____

Environmental: _____

Financial: _____

Spiritual: _____

Where is the imbalance?

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Part 3 – Boundaries & Intentions

1. What role do I want AI to play in my life?

2. What role will I not allow it to replace?

3. My personal AI boundary:

4. One human connection I will prioritize this week:

Part 4 – Responsibility Commitment

I commit to using AI in ways that:

- ☐ Strengthen my dignity
- ☐ Support others' autonomy
- ☐ Increase access without replacing connection
- ☐ Align with my values

Any other areas that are important to me _____

Date: _____