

6 WAYS TO THRIVE USING AI

An Ideation Framework for AI + Human Collaboration in the Future of Work

T RANSFORMATIVE ENGAGEMENT

MEANINGFUL WORK
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AI SUPPORT

Use AI to enhance work you're passionate about. List your strengths and passions first, then let AI support meaningful projects that drive your personal and professional growth.

H IGH PRODUCTIVITY

AI ASSISTANCE
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HUMAN FOCUS

Employ AI for routine tasks while keeping strategic decisions for yourself. Think of AI as your personal assistant, write down repetitive tasks to delegate so you can focus on high-value activities.

R ESILIENT ADAPTABILITY

HUMAN ADAPTABILITY
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AI OBSOLESCENCE RISK

Stay competitive by actively learning how AI can complement your skills. Find ways of staying informed about AI advancements and integrate them into your skill development to remain relevant, maintain your professional edge.

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I MAGINATION & CREATIVITY

CREATIVITY
×
AI CAPABILITIES

Use AI as a brainstorming partner to enhance your creative process. Tally ways AI helps you explore new angles and fresh ideas, supporting you in seeing things you may otherwise miss.

V ALUE THROUGH ETHICS

AI POWER
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HUMAN OVERSIGHT

Responsible use of AI needs clear guidelines. Catalog ways to ensure that AI's power is balanced with your judgment, do's and don'ts to retain accountability.

E FFICIENT OPTIMIZATION

HUMAN INTUITION
+
AI EFFICIENCY

Combine your business instincts with AI's processing power. Identify ways to let AI crunch the numbers while you make informed decisions based on experience.



6 WAYS TO THRIVE USING AI

Scale: 1 = Strongly Disagree | 2 = Disagree | 3 = Neutral | 4 = Agree | 5 = Strongly Agree

T RANSFORMATIVE ENGAGEMENT

1. I feel that my work is meaningful and engaging, with AI augmenting my strengths and passions.
2. I actively seek ways to integrate AI tools that help me focus on work that aligns with my personal and professional interests.
3. I am able to apply strategies to ensure that AI enhances my job satisfaction.

H IGH PRODUCTIVITY

1. I regularly use AI to automate repetitive tasks, allowing me to focus on high-impact, strategic activities.
2. I effectively manage my time by balancing AI assistance with my oversight.
3. I have identified specific tasks that benefit most from AI support to optimize productivity.

R ESILIENT ADAPTABILITY

1. I am committed to continuous learning and adapting to new AI advancements.
2. I stay informed about new things AI can do that would make tasks unnecessary.
3. I use AI tools to remain competitive and relevant.

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I MAGINATION & CREATIVITY

1. I use AI's pattern recognition and data analysis to inspire creative solutions.
2. I explore new concepts and perspectives using AI-driven insights.
3. I collaborate with AI's input to spark new ideas.

V ALUE THROUGH ETHICS

1. I ensure that my use of AI aligns with ethical standards and policies.
2. I keep oversight of when AI is used in decision-making and maintain accountability.
3. I promote transparency and trust when using AI to support my work.

E FFICIENT OPTIMIZATION

1. I integrate AI into my workflow to optimize processes and enhance efficiency.
2. I combine human intuition with AI's capabilities to solve complex problems effectively.
3. I continuously refine processes to create room for higher-level, strategic work.

90-108: You are excelling in AI and human collaboration, fully integrating the THRIVE components.
72-89: You are effectively adopting most aspects but may benefit from deeper focus in certain areas.
54-71: Your use of the THRIVE model is developing, but there are several areas to strengthen.
Below 54: Consider revisiting your strategies to enhance collaboration and integrate AI more effectively.

