

Quick Reference Guide

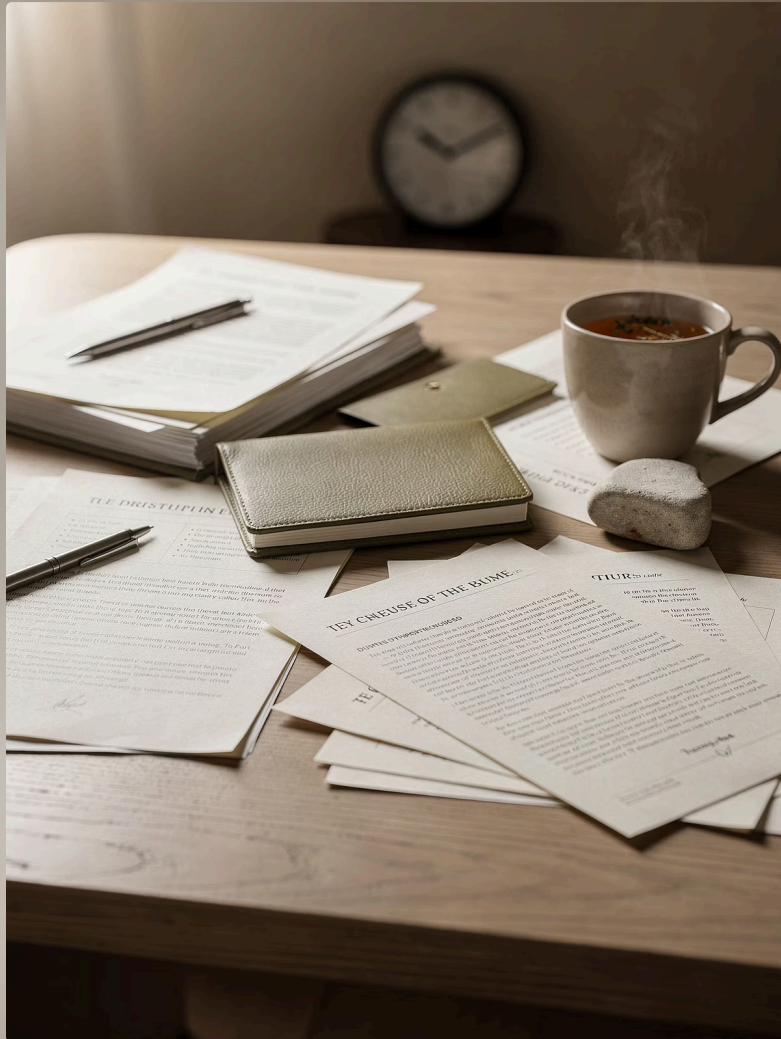
Daily Use Tool for Smarter Thinking with AI

HUMANS FIRST, AI SECOND™



Stop Forgetting What You Already Know

Most people don't fail because they lack knowledge. They fail because they don't apply it **in the moment that matters.**



You've Learned

You've studied how to think better with AI. The knowledge is there — stored, dormant, ready.

But Under Pressure

Speed takes over. You default to quick answers instead of wise decisions. Good judgment disappears exactly when you need it most.

The Real Problem

Knowledge stored in a report doesn't change behavior. Only knowledge **used in real time** does.

This Is Not Another Training

The Quick Reference Guide turns learning into **daily behavior**. It's a behavioral tool designed to live inside your workflow — not sit on a shelf.

1

Before You Ask AI

Pause and set your intent before the conversation begins.

2

Before You Accept an Answer

Evaluate, question, and validate what you receive.

3

Before You Decide

Apply the full thinking framework before committing to action.

It puts the right-thinking prompts at the **exact moment of action** — so smart judgment becomes your default, not an afterthought.

What Is the Quick Reference Guide?

A simple, powerful daily-use tool that distills the **7 Humans First, AI Second™ thinking steps** into fast, actionable formats.



Clear Prompts

Precise, plain-language cues that activate better thinking instantly.

Fast Decision Cues

Pre-built checkpoints that fit naturally into your existing workflow.

Real-Time Triggers

Embedded at the moment of action — not recalled from memory hours later.

- 📄 Designed to be **printable or digital** — used in seconds, not minutes — and embedded directly into daily routines.

What This Tool Does for You

1 Turns Knowledge Into Action
You stop knowing what to do — and start doing it. The gap between insight and behavior closes in real time.

2 Builds Real Thinking Habits
Through repetition, your brain rewires toward better judgment, slower decisions, and more complete thinking every time.

3 Protects You from AI Over-Reliance
Prevents blind trust in outputs, shallow thinking, and missed consequences that can derail decisions.

4 Increases Decision Confidence
You know you've considered options, evaluated impact, and are *choosing* — not reacting — to each situation.

5 Works in Real Life
Before meetings, reports, AI prompts, and high-stakes conversations — wherever decisions actually live.

Built on the Science of Habit Formation

Behavior change doesn't happen in training. It happens through **repetition, contextual cues, and immediate application.**



Show Up at the Moment of Decision

The tool is positioned precisely where judgment is needed — not filed away where it's forgotten under pressure.



Reinforce the Same Patterns Daily

Consistent repetition across every decision context rewires thinking at a neurological level over time.



Turn Prompts Into Automatic Habits

The goal is simple: you don't need the tool anymore — because **you've become the system.**



How It Compares

Most tools optimize for speed. This one optimizes for **quality of thought**.

Most AI Tools

Make you **faster**.

This tool makes you
smarter and safer.

Most Programs

Teach **concepts**.

This tool **changes behavior**.

Most People

Rely on **memory**.

This tool creates **real-time intelligence**.

The difference isn't theoretical. It shows up in the quality of every report you write, every AI interaction you have, and every decision you make under pressure.

When to Use It

The Quick Reference Guide is most powerful at the **five critical moments** where thinking quality determines outcomes.



Before Asking AI

Frame your intent, define what you actually need, and set the boundaries of the task before the prompt is written.



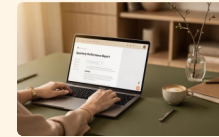
Before Accepting an Answer

Pause, question the output, check for gaps, biases, or missing context before treating the result as truth.



Before a Business Decision

Run through the full thinking framework before you commit, escalate, or communicate a choice.



Before Sending a Report

Verify completeness, accuracy, and consequence before it reaches its audience and shapes their thinking.



Before High-Stakes Conversations

Prepare your thinking — not just your talking points — so your judgment shows up alongside your confidence.

Imagine This Becoming Automatic

You're not just using a tool. You're building a new way of thinking.

You naturally pause and think deeper

Instead of rushing to a conclusion, reflection becomes your first instinct — not a deliberate effort.

You automatically generate better options

Your mind opens to alternatives before locking in. You arrive at decisions with more range and nuance.

You instinctively evaluate consequences

Second and third-order effects come naturally, not only when someone asks you to "think harder."

You trust your decisions—because they're complete

That's not talent. That's **trained thinking.**



Don't Just Learn How to Think Better Train Yourself to Do It—Every Day.

Once you start using the Quick Reference Guide consistently, the shift is unmistakable. The pauses become natural. The questions become automatic. The decisions become yours — fully considered, clearly reasoned, and built on judgment you can stand behind.

📄 **Next Step:** Begin the **Humans First, AI Second™ Online Program** and embed the Quick Reference Guide into your daily workflow starting today.

Start with One Moment

Pick one decision today. Use the guide before you act. Feel the difference immediately.

Repeat Every Day

Consistency is the mechanism. Each repetition deepens the habit and reduces the effort required.

Become the System

When you no longer need the guide — that's when you know it worked. You've internalized the thinking.

Your Path to Smarter Decisions Starts Now

The **Humans First, AI Second**™ **Online Program** is designed to guide you step-by-step through mastering these critical thinking habits. Enroll today and start building the disciplined judgment that elevates every interaction and decision.

[Enroll in the Program](#)