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📘 AI-Assisted Learning Workbook #5

Wisdom, Ethics, and Long-Term Thinking in the Age of AI

By Laurence "Lars" Svekis

Just because you can think faster doesn't mean you should act faster.
The highest skill is knowing when, why, and whether to act at all.

🎯 Who This Workbook Is For

This workbook is for:

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- Senior professionals

- Educators shaping future learners

- Leaders making high-impact decisions

- AI power users

- Anyone asking: *"What kind of thinker am I becoming?"*

📌 **Core Shift:**
From **capability → character**
From **speed → judgment over time**
From **what works → what's right and sustainable**

🧠 Workbook Philosophy

AI magnifies intention.
Wisdom determines whether that amplification helps or harms.

This workbook teaches learners to:

- Pause before acting

- Evaluate second- and third-order consequences

- Think in decades, not days

- Use AI ethically without becoming passive or reckless

- Preserve human judgment as a core advantage

🧩 Workbook Structure (12 Issues)

Each issue includes:

- A wisdom principle

- Reflection-driven exercises

- Real-world scenarios

- AI prompts with ethical guardrails

- Long-term thinking tools

1️⃣ THE POWER PROBLEM

Goal: Understand the responsibility of amplified intelligence.

Exercise 1 — Capability Audit

Prompt

```
What can I do now with AI that I couldn't do before?
What new risks come with that power?
```

Exercise 2 — Impact Radius

```
Who could be affected by my decisions — directly or indirectly?
```

📌 *Power without reflection creates unintended harm.*

2️⃣ SPEED VS WISDOM

Goal: Resist urgency bias.

Exercise 1 — Slow Decision Filter

```
Which parts of this decision benefit from slowing down?
```

Exercise 2 — The "Why Now?" Test

```
Why does this need to happen now?
What happens if it waits?
```

📌 *Speed is a tool — not a virtue.*

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③ ETHICAL THINKING WITH AI

Goal: Move beyond "allowed" to "responsible."

Exercise 1 — Ethical Lens

```
Is this legal, ethical, and aligned with my values?
Which one is weakest?
```

Exercise 2 — Consent & Transparency

```
Who deserves to know how AI is being used here?
```

📌 *Ethics start where rules end.*

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④ SECOND-ORDER CONSEQUENCES

Goal: Think beyond immediate results.

Exercise 1 — Ripple Mapping

```
If this works perfectly, what new problems might it create?
```

Exercise 2 — Incentive Analysis

```
What behavior does this decision encourage?
```

📌 *Most damage comes from ignored downstream effects.*

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5 BIAS, BLIND SPOTS, AND AI MIRRORS

Goal: Recognize amplified bias.

Exercise 1 — Bias Reflection

What assumptions might AI be reinforcing for me?

Exercise 2 — Perspective Injection

Generate an opposing viewpoint I would normally dismiss.

📌 *AI reflects us — it does not correct us.*

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6 HUMAN SKILLS AI SHOULD NOT REPLACE

Goal: Protect uniquely human strengths.

Exercise 1 — No-Automation List

Which decisions should always involve human judgment?

Exercise 2 — Presence Audit

Where does speed reduce empathy or understanding?

📌 *Not everything that can be automated should be.*

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7 LONG-TERM THINKING

Goal: Choose actions that age well.

Exercise 1 — Time Horizon Test

How will I feel about this decision in 1, 5, and 10 years?

Exercise 2 — Reputation Lens

If this decision were public later, would I stand by it?

📌 *Short-term wins can create long-term regret.*

🔢 DEPENDENCY & AGENCY

Goal: Preserve personal responsibility.

Exercise 1 — Agency Check

Am I delegating thinking or execution?

Exercise 2 — Skill Atrophy Warning

What skill might weaken if I rely on AI here?

📌 *Convenience can quietly erode capability.*

🔢 TEACHING ETHICS & THINKING TO OTHERS

Goal: Model responsibility.

Exercise 1 — Role Modeling

What behavior am I normalizing for others?

Exercise 2 — Teaching Boundaries

How should AI be framed for learners or teams?

📌 *People learn ethics by observation, not instruction.*

🔟 WISDOM UNDER PRESSURE

Goal: Make good decisions when it's hard.

Exercise 1 — Stress Simulation

How might fear, ego, or fatigue distort this decision?

Exercise 2 — Default Safeguards

What rule should I follow when under pressure?

📌 *Pressure reveals character.*

1️⃣1️⃣ ALIGNMENT WITH IDENTITY

Goal: Act consistently with values.

Exercise 1 — Identity Statement

What kind of thinker and leader do I want to be?

Exercise 2 — Integrity Check

Does this decision move me closer or farther from that identity?

📌 *Wisdom is alignment over time.*

1️⃣2️⃣ THE WISDOM PLAYBOOK

Goal: Create a personal ethical operating system.

Exercise 1 — Personal Guardrails

What rules guide my use of AI?

Exercise 2 — Final Statement

I use AI to…
I refuse to use AI to…
I take responsibility for…

🔗 How Workbook #5 Completes the Arc

Workbook	Focus
#1	Learning systems
#2	Independent thinking
#3	Judgment & action
#4	Teaching & scaling
#5	Wisdom & responsibility

Together:
Skill → Judgment → Leadership → Wisdom

🚀 Ideal Uses

- Executive education

- University ethics modules

- Leadership development

- AI governance discussions

- Capstone learning

- Thought leadership content