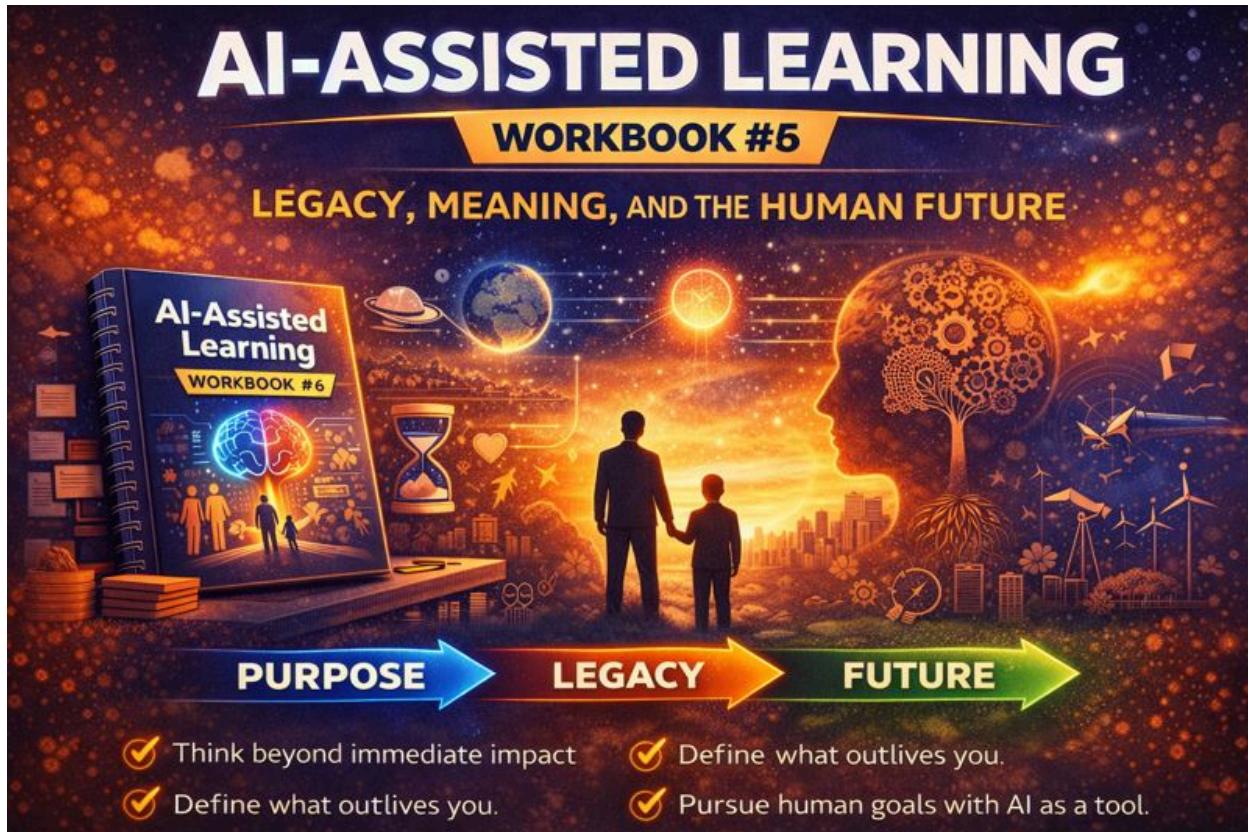




## AI-Assisted Learning Workbook #6



## Legacy, Meaning, and the Human Future

By Laurence “Lars” Svekis

*The final question is not “What can I do with AI?”  
It’s “What kind of future am I contributing to?”*

### 🎯 Who This Workbook Is For

This workbook is for:

- Senior professionals and leaders

- Educators shaping future generations
- Creators and builders with influence
- Parents, mentors, and role models
- Anyone thinking beyond career → **life impact**

 **Core Shift:**

From **doing things well** → **doing the right things for the long term**

From **individual success** → **intergenerational responsibility**

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 **Workbook Philosophy**

Intelligence without meaning creates noise.

Meaning gives intelligence direction.

AI is used here to:

- Reflect, not optimize
  - Surface long-term consequences
  - Explore futures without predicting them
  - Clarify values under uncertainty
  - Support human purpose — not replace it
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**Workbook Structure (12 Issues)**

Each issue blends:

- Long-term thinking
- Reflection and writing

- Scenario exploration
  - Identity-level decision making
  - AI prompts with strict guardrails
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## 1 WHAT ARE YOU OPTIMIZING FOR?

**Goal:** Escape unconscious optimization.

### Exercise 1 — Hidden Metrics Audit

#### Prompt

What am I currently optimizing for without realizing it?  
(speed, money, status, comfort, approval)

### Exercise 2 — Cost Awareness

What might this optimization cost me long-term?

👉 You always optimize something — awareness makes it intentional.

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## 2 DEFINING A GOOD LIFE IN AN AI WORLD

**Goal:** Separate progress from meaning.

### Exercise 1 — Good Life Definition

What does a “good life” mean to me – independent of technology?

### Exercise 2 — AI Interference Check

Where might AI improve or distort this vision?

👉 Tools should serve life — not redefine it.

## 3 VALUES UNDER PRESSURE

**Goal:** Maintain integrity when stakes are high.

### Exercise 1 — Pressure Test

What values are hardest to uphold when I'm tired, stressed, or afraid?

### Exercise 2 — Default Rules

What rule should guide me when clarity is low?

 *Values matter most when they're inconvenient.*

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## 4 LONG-HORIZON DECISION MAKING

**Goal:** Think beyond your own lifetime.

### Exercise 1 — Time Expansion

How might this decision affect people I will never meet?

### Exercise 2 — Stewardship Lens

What am I responsible for preserving or improving?

 *Legacy thinking changes daily choices.*

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## 5 THE STORIES YOU ARE REINFORCING

**Goal:** Become aware of cultural narratives.

### Exercise 1 — Narrative Audit

What stories about success, intelligence, or worth am I reinforcing?

## Exercise 2 — Alternative Narratives

What story would I rather pass on?

 *Culture spreads faster than code.*

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## 6 HUMAN SKILLS THAT MUST SURVIVE AI

**Goal:** Protect what should not disappear.

### Exercise 1 — Preservation List

Which human skills must remain strong regardless of AI?

### Exercise 2 — Modeling Responsibility

How do I demonstrate these skills publicly?

 *The future learns from what we model, not what we claim.*

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## 7 CREATING WITHOUT CORRUPTION

**Goal:** Avoid hollow output.

### Exercise 1 — Motivation Check

Why am I creating this?

What need is it serving?

### Exercise 2 — Integrity Filter

Would I still create this if metrics were invisible?

 *Meaning survives when incentives fade.*

## 8 RISK, SACRIFICE, AND COURAGE

**Goal:** Accept tradeoffs consciously.

### Exercise 1 — Avoidance Audit

What necessary risk am I avoiding?

### Exercise 2 — Courage Framing

What does courage look like at my current stage of life?

👉 *Safe paths rarely create lasting value.*

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## 9 TEACHING THE NEXT GENERATION

**Goal:** Pass wisdom, not just skills.

### Exercise 1 — Future Learner Perspective

What do future learners need more than technical ability?

### Exercise 2 — Modeling Over Instruction

What behavior do I want them to imitate?

👉 *Children and students learn futures by watching adults.*

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## 10 AI AND HUMAN CO-EXISTENCE

**Goal:** Think responsibly about coexistence.

### Exercise 1 — Boundary Definition

Where should AI assist, and where should humans remain central?

## Exercise 2 — Dependency Warning

What dependency would concern me if it became widespread?

 *Design decisions shape societies.*

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## 11 PERSONAL LEGACY STATEMENT

**Goal:** Articulate what remains when you're gone.

### Exercise 1 — Legacy Draft

What do I hope people say I stood for?

### Exercise 2 — Alignment Check

Do my daily actions support this legacy?

 *Legacy is built quietly, daily.*

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## 12 THE MEANING PLAYBOOK

**Goal:** Create a personal compass.

### Exercise 1 — Non-Negotiables

What will I not trade away, regardless of opportunity?

### Exercise 2 — Final Statement

I use AI to support...

I refuse to let AI replace...

I measure success by...



## How Workbook #6 Extends the Series

Workbook	Focus
#1	Learning systems
#2	Independent thinking
#3	Judgment & action
#4	Teaching & scaling
#5	Wisdom & ethics
#6	Legacy & meaning

Together, the series becomes:

**Capability → Judgment → Leadership → Wisdom → Legacy**

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### Ideal Uses

- Executive & leadership programs
- University capstone courses
- Ethics & futures discussions
- Educators & parents
- Thought leadership & keynote material
- Long-term personal development