

YourAIPlaybook

# Is This a Good Use of AI?

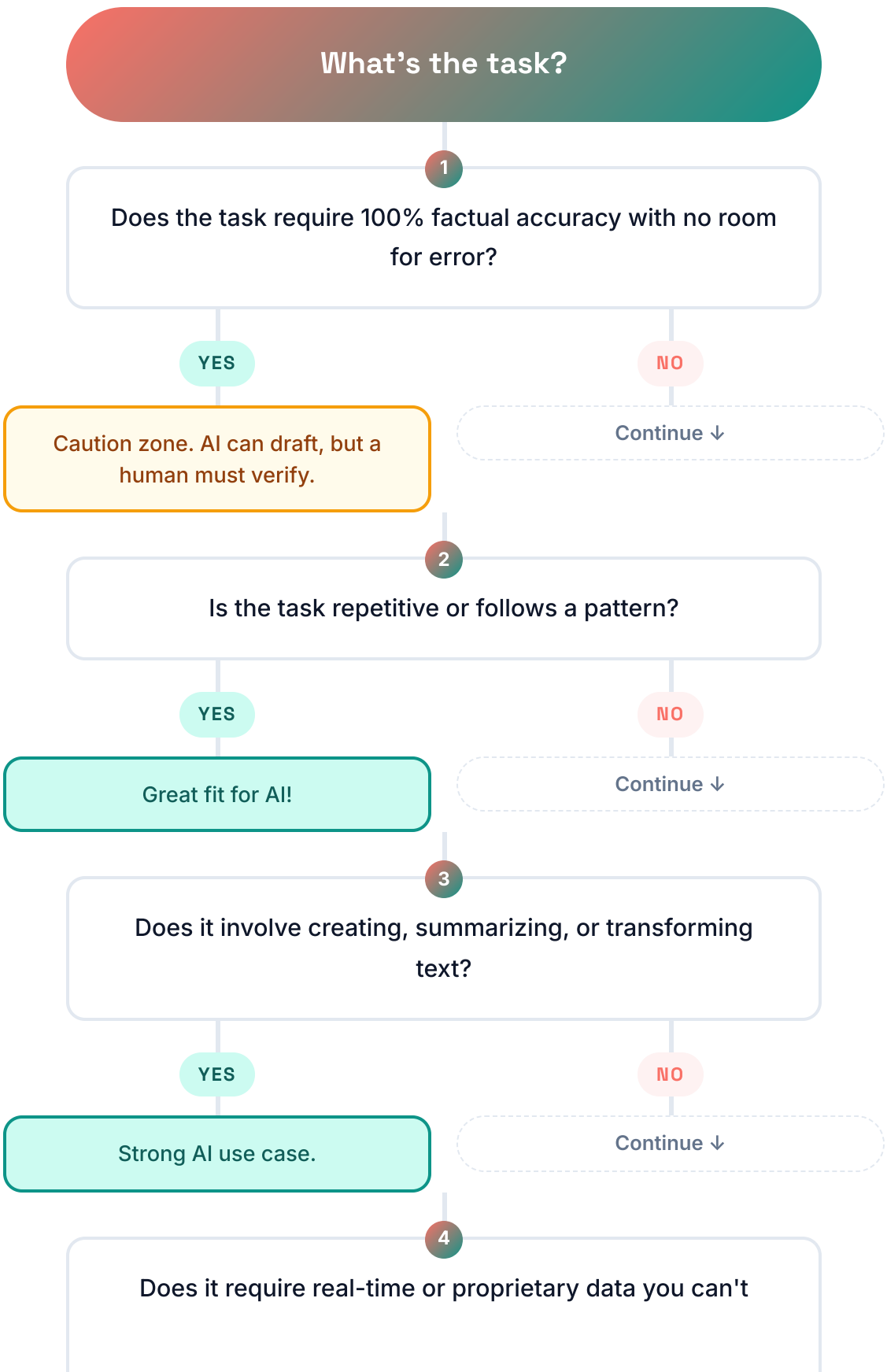
A quick decision framework to figure out when AI will actually help, and when it won't.

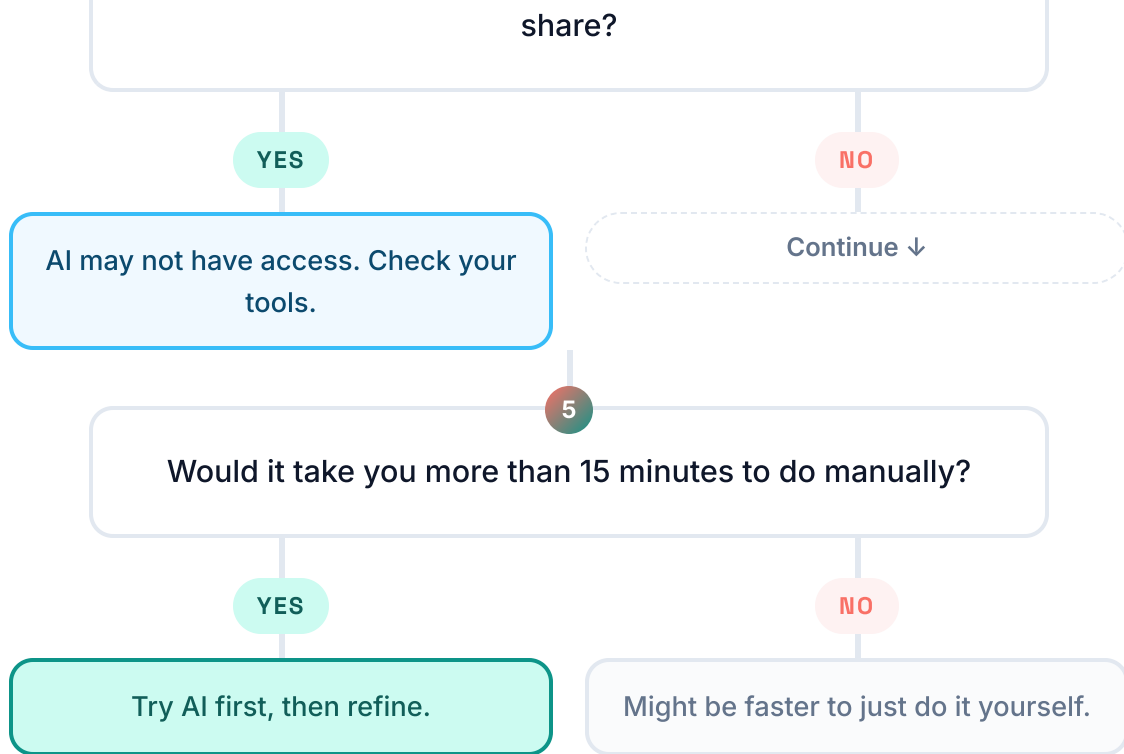
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# The Decision Tree

Walk through these five questions before reaching for an AI tool. Each question helps you understand whether AI is the right fit for the task at hand.





**Pro tip:** Even when AI is a great fit, always review the output. AI is a starting point, not the finish line.

# Quick Reference

A side-by-side look at where AI shines and where humans are still the better choice.

## ✓ AI Excels At

Drafting content

Summarizing documents

Brainstorming ideas

Data formatting

Code generation

Research synthesis

## • Better for Humans

Final decisions

Emotional conversations

Highly confidential work

Tasks requiring physical presence

Novel creative vision

**Remember:** The best results come from pairing AI speed with human judgment. Use AI to do the heavy lifting, then apply your expertise to shape the final product.

**When in doubt, try it.** The fastest way to learn what AI can do is to test it on a real task. If the result saves you time, keep using it. If it doesn't, you've only lost a few minutes.

# Know when to use AI. Now learn how.

This decision tree is just the beginning. Get weekly strategies, curated tools, and practical guides to make AI work for you.

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