INTRODUCTION | TRY THIS

Before and After

Time yourself on a messy source, solo and with AI, and see what changes.

Running on instinct gets you far, but it won't tell you how AI changes your workflow. For that you have to watch yourself work. This exercise times you on the same task twice: once alone, once with AI.

> **YOUR TASK: EXTRACT KEY FINDINGS FROM A MESSY SOURCE**
>
> Find a public source roughly 2 to 3 pages long that is poorly structured, mixes types of data, and is annoying to read. Public transcripts, NGO reports, long-form articles, and call transcripts are all fair game. Nothing sensitive.

Source title

Link or location

PART 1 Analysis before AI (20 to 30 min)

Read the source start to finish, list what you think matters, then write a bullet summary.

Start time

End time

Total minutes

My key findings (bullets)

PART 2 Analysis with AI (10 to 15 min)

Ask an AI of your choice to summarize the same source. Read the AI output BEFORE you go back to the source, compare it to your bullets, then verify it against the source.

AI tool used

Total minutes

Prompt length (words)

The prompt I used

AI key findings (bullets)

PART 3 The comparison

Answer honestly. Nobody is grading this but you.

Did AI shift the focus, or just speed you to the same result?	○ Yes	○ No	○ Kind of
Did AI display overconfidence?	○ Yes	○ No	○ Kind of
Did AI find anything you missed?	○ Yes	○ No	○ Kind of
Did you trust AI too quickly?	○ Yes	○ No	○ Kind of
Did AI get anything wrong when you checked the source?	○ Yes	○ No	○ Kind of

What part of the manual process was the slowest?

Biggest surprise

Keep this. Your manual time is the baseline you'll measure every future AI experiment against.