

AI 2041

by Kai-Fu Lee, Chen Qiufan

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Track How Much of Your Work Is AI-Assisted**

For one week, note which tasks you did with AI help vs. without. Ask: where is AI genuinely augmenting my capability vs. where am I outsourcing my thinking?

MON TUE WED THU FRI SAT SUN

⁰² **Identify Your Human Premium**

What do you offer that AI cannot? Empathy, judgment in novel situations, accountability, trust, creativity in context. Name yours specifically. That's your competitive edge.

MON TUE WED THU FRI SAT SUN

⁰³ **Read One Story in the Book**

The fictional stories in AI 2041 aren't decoration - they're the most viscerally effective way to feel what the near future might actually be like. Read one. Let it land.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Audit Your AI Dependencies**

List every AI tool you use daily. For each: do you understand what it's doing with your data? Does that concern you? Set boundaries accordingly.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Practice Deliberate Disconnection**

One hour per day with no AI, no screens. Not as nostalgia - as maintenance. The capacity for independent thought atrophies without practice.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Discuss AI with Someone Who Disagrees With You**

Find someone who has a very different view of AI - utopian or dystopian - and have a real conversation. Not to win. To understand what they're seeing that you might be missing.