Worksheet 3: Kit 3, Ten Moves for the Heart

Companion to Super Intelligence Will Make You Obsolete, *Part III, Future-Proofing Kit 3*

Name: Date:

How to use: Read Future-Proofing Kit 3 in Part III. For each move, write the smallest first step you can take this month, give it a date, and tick it when done. Start with two moves, not ten.

#	Move	My first step	By when	Done
1	Schedule friction dates			
2	Keep one device-free ritual sacred			
3	Teach children the sentence: responsiveness isn't love			
4	Make companion use transparent in your relationships			
5	Protect elder autonomy in writing			
6	Keep the visits on a clock, not on a feeling			
7	Decide your Authority Staircase before you climb it			
8	Defend an hour of boredom			
9	Settle the persona question while everyone is alive			
10	Hold the family conversation about the new members			

The one move I will start this week:

Who will hold me to it:

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