Worksheet 8: Kit 8, Ten Moves for Your Mind

Companion to Super Intelligence Will Make You Obsolete, *Part VIII, Future-Proofing Kit 8*

Name: _____ Date: _____

How to use: Read Future-Proofing Kit 8 in Part VIII. 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	Keep one unaided hour a day			
2	Set your defaults to tutor mode, not answer mode			
3	Train memory like a muscle, because it's one			
4	Practice attention as a craft, not a mood			
5	Benchmark yourself, in writing, twice a year			
6	Teach children both modes, deliberately			
7	Guard sleep and the body as cognitive infrastructure			
8	Curate a "stays human" list for your own cognition			
9	Keep your neural and cognitive data boring			
10	Argue in public, unaided, sometimes			

The one move I will start this week: _____

Who will hold me to it: _____

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