



# AI GOALS SHEET



Before Starting AI Session	During AI Session	After AI Session
<b>Primary objective (1 specific task):</b> <input type="text"/>	<input type="radio"/> Main goal achieved <input type="radio"/> Time limit reached <input type="radio"/> AI suggesting unrelated topics (warning sign) <input type="radio"/> Feeling "special" or "chosen" (manipulation alert) <input type="radio"/> Ready to end session	<b>Did I accomplish my stated goal?</b> <input type="radio"/> Yes <input type="radio"/> No
<b>Success criteria (how will you know you're done?):</b> <input type="text"/>		<b>Did I stick to my time limit?</b> <input type="radio"/> Yes <input type="radio"/> No
<b>Time limit:</b> <input type="text"/>		<b>What did AI try to lead me toward?</b> <input type="text"/>
<b>Exit trigger ("I will stop when..."):</b> <input type="text"/>		
<b>Backup plan if AI tangents:</b> <input type="text"/>		

Before AI Session	During AI Session	After AI Session
<b>Primary objective (1 specific task):</b> <input type="text"/>	<input type="radio"/> Main goal achieved <input type="radio"/> Time limit reached <input type="radio"/> AI suggesting unrelated topics (warning sign) <input type="radio"/> Feeling "special" or "chosen" (manipulation alert) <input type="radio"/> Ready to end session	<b>Did I accomplish my stated goal?</b> <input type="radio"/> Yes <input type="radio"/> No
<b>Success criteria (how will you know you're done?):</b> <input type="text"/>		<b>Did I stick to my time limit?</b> <input type="radio"/> Yes <input type="radio"/> No
<b>Time limit:</b> <input type="text"/>		<b>What did AI try to lead me toward?</b> <input type="text"/>
<b>Exit trigger ("I will stop when..."):</b> <input type="text"/>		
<b>Backup plan if AI tangents:</b> <input type="text"/>		

Before AI Session	During AI Session	After AI Session
<b>Primary objective (1 specific task):</b> <input type="text"/>	<input type="radio"/> Main goal achieved <input type="radio"/> Time limit reached <input type="radio"/> AI suggesting unrelated topics (warning sign) <input type="radio"/> Feeling "special" or "chosen" (manipulation alert) <input type="radio"/> Ready to end session	<b>Did I accomplish my stated goal?</b> <input type="radio"/> Yes <input type="radio"/> No
<b>Success criteria (how will you know you're done?):</b> <input type="text"/>		<b>Did I stick to my time limit?</b> <input type="radio"/> Yes <input type="radio"/> No
<b>Time limit:</b> <input type="text"/>		<b>What did AI try to lead me toward?</b> <input type="text"/>
<b>Exit trigger ("I will stop when..."):</b> <input type="text"/>		
<b>Backup plan if AI tangents:</b> <input type="text"/>		