



AI GOALS SHEET



Before Starting AI Session	During AI Session	After AI Session
Primary objective (1 specific task): <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	Did I accomplish my stated goal? <input type="radio"/> Yes <input type="radio"/> No Did I stick to my time limit? <input type="radio"/> Yes <input type="radio"/> No What did AI try to lead me toward? <input type="text"/>
Success criteria (how will you know you're done?): <input type="text"/>		
Time limit: <input type="text"/>		
Exit trigger ("I will stop when..."): <input type="text"/>		
Backup plan if AI tangents: <input type="text"/>		

Before AI Session	During AI Session	After AI Session
Primary objective (1 specific task): <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	Did I accomplish my stated goal? <input type="radio"/> Yes <input type="radio"/> No Did I stick to my time limit? <input type="radio"/> Yes <input type="radio"/> No What did AI try to lead me toward? <input type="text"/>
Success criteria (how will you know you're done?): <input type="text"/>		
Time limit: <input type="text"/>		
Exit trigger ("I will stop when..."): <input type="text"/>		
Backup plan if AI tangents: <input type="text"/>		

Before AI Session	During AI Session	After AI Session
Primary objective (1 specific task): <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	Did I accomplish my stated goal? <input type="radio"/> Yes <input type="radio"/> No Did I stick to my time limit? <input type="radio"/> Yes <input type="radio"/> No What did AI try to lead me toward? <input type="text"/>
Success criteria (how will you know you're done?): <input type="text"/>		
Time limit: <input type="text"/>		
Exit trigger ("I will stop when..."): <input type="text"/>		
Backup plan if AI tangents: <input type="text"/>		