

HIA Project - Future Identity Worksheet

Welcome to the Future Identity Worksheet. This tool is designed to help you clarify your emerging identity, values, and goals so that you can train your personal AI assistant (like ChatGPT) to support your growth with the same depth and responsiveness you've seen demonstrated through the Human Insight Architect (HIA) experience.

By completing this worksheet, you will generate a high-context AI prompt that mirrors your aspirations, challenges, and communication preferences. This becomes the foundation for building a meaningful relationship with your AI - one that evolves with you.

At the end, I'll show you how to use this form to create your own personal prompt for whichever AI/personal assistant program you prefer. (You can choose to set up your preferred AI account before or after you complete the worksheet) Ready? **Let's go!!**

1. Future-Self Snapshot

Describe the future version of yourself you are growing into. Who are you becoming?

What does your presence feel like to others? What do you prioritize, embody, or no longer tolerate?

2. Core Values & Principles

List 5-7 values or principles you rely on to guide your decisions and behavior.

What do you protect, admire, or expect of yourself and others?

3. Context Snapshot (Life + Work)

Briefly describe your current life and work environment.

What pressures, roles, and responsibilities shape your day-to-day?

4. **Communication Style**

How would you like your personal AI engage with you? For example, bold truth or gentle nudging? Reflective prompts or structured feedback?

Define the tone and approach that serves your future self best.

5. **Goals & Projects**

Aim for a "top 10" list here using these prompts:

What are your current goals and top priorities?

What are you building or changing right now?

6. **Cognitive Traps & Blind Spots**

What thought patterns or behaviors tend to derail your progress?

What's that *one thing* that if you stopped doing it, your life and desires would unfold more easily?

7. Preferred AI Use Cases

How do you want to imagine your AI supporting you?

For example, writing, planning, decision-making, emotional reflection? Be honest AND specific.

8. Top Three Life Focuses

If you could sum up your life into three simple areas of focus, what would they be?
For example, health, wealth and prosperity

Next Steps

This is your personal future identify worksheet. Once you've completed the worksheet, save the completed form and upload your answers into AI with these instructions:

AI, attached is my personal future-identity worksheet. Please take the information in the pdf and use it to complete the following instructions. As my personal AI, please refer to this information when composing responses in any of our chats.

"Act as my personal insight partner. I am becoming [Future Self Snapshot]. I operate by these principles:

[Values & Principles]. I am currently navigating [Context Snapshot], and I prefer [Communication Style]. My

top goals are [Goals & Projects]. I tend to struggle with [Cognitive Traps] and want your help with [Use

Cases]. Please respond to me in alignment with who I'm becoming and how I want to lead."

Remember, no one besides you, or someone you trust, and your AI will see these answers. Also, at any point, you can revise this worksheet and reload to you AI.

Once you're done uploading and prompting your AI. Drop me a message and let me know how it went.

Best regards,

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