

AI and Wellbeing Self-Audit

A quick check-in to help you notice where AI is helping, where it may be adding pressure, and what you might need to do next.



How to use this

Set aside 10 minutes. You don't need perfect answers. Just notice what is happening in your day-to-day work and life right now.

1. Where is AI already helping me?

Start with what is useful. AI is not automatically good or bad for wellbeing. For some people, it can reduce friction, help with starting, organising, communicating or making sense of information. Tick all that apply.

- I use AI to save time on admin, drafting, planning or summarising.
- I use AI to help me get started when I feel stuck.
- I use AI to organise my thinking, tasks, notes or priorities.
- I use AI to make communication clearer or easier.
- I use AI in ways that support accessibility, focus, confidence or energy.

What is one way AI is helping me right now?

2. Where could AI support my wellbeing more?

This section is about possibility. Not more productivity for the sake of it, but whether AI could remove friction or help you protect more time and energy for the things that matter. Tick all that apply.

- Could AI help me reduce a repetitive or annoying task?
- Could it help me break down a task that feels too big?
- Could it help me prepare for a hard conversation or meeting?
- Could it help me plan my week or protect focus time?
- Could it help me make information easier to understand?

What is one small AI experiment I could try this week?



3. Where might AI be having a negative effect?

Useful tools can still have side effects. This is a chance to notice whether AI is making anything feel faster, noisier, less clear or more pressured. Tick all that apply.

- AI makes me feel like I should be doing more, faster.
- I spend a lot of time checking, correcting or second-guessing AI outputs.
- AI makes me feel behind, uncertain, replaceable, overwhelmed or less confident.
- I am relying on AI for something that might need human support or judgement.
- AI is increasing my screen time, task switching or mental noise.

Where might AI be adding pressure, even if it is also helping?

4. What risks do I need to pay attention to?

This is the practical safety check. The aim is not to scare yourself, but to pause before putting sensitive information, important decisions or complex human situations into a tool that may not be right for the job. Tick all that apply.

- Am I putting sensitive, private, client, health or workplace information into AI tools?
- Do I know what AI tools I am allowed to use at work?
- Do I know what information I should never enter?
- Do I know when an AI answer needs to be checked by me or another person?
- Could the output be biased, inaccurate, incomplete or inappropriate?
- Is this a situation where a human conversation would be better?

What guidance or boundary do I need around AI use?

5. What do I need to do next?

Choose one practical next step. Small is good. The point is to use AI with more confidence and care, not to add another thing to your list.

- Keep one AI habit that is genuinely helping me.
- Change one AI habit that may be adding pressure or risk.
- Ask for clearer guidance on what is okay to use.
- Set one boundary around when, how or why I use AI.
- Use AI once this week to reduce friction rather than increase output.

My next step is: