SEA Worksheet

Strategy, Empathy, Adaptability in the age of AI

A simple reflection tool to help you think about your role, your strengths, and your next steps in a world where AI is becoming the specialist.

Use these questions to reflect on your current role:

1. What do you currently do that creates the most value?

2. Which parts of your work are becoming easier to automate?

3. Which parts still depend on human judgment, trust, or adaptability?

4. Where do you feel most replaceable today?

5. Where do you feel most valuable today?

Strategy 🧭

Use this section to reflect on judgment, priorities, and direction.

1. What problems are actually worth solving?

2. Where do you need better judgment?

3. What trade-offs are you responsible for?

Empathy 💬

Use this section to reflect on trust, relationships, and human context.

1. Where does your work depend on trust?

2. When do you need to read the room?

3. How do people rely on you relationally?

Adaptability ⛵

Use this section to reflect on change, experimentation, and learning.

1. What assumptions are no longer true?

2. Are there any changes you are resisting? Which ones?

3. What would adaptability look like in the next 3 months?

Your Next Steps

Turn reflection into action.

- One thing to strengthen in Strategy:

- One thing to strengthen in Empathy:

- One thing to strengthen in Adaptability:

- One old assumption to let go of:

- One concrete next step I will take this month:

AI may become more powerful, cheaper, and more available. That does not automatically make human value disappear. But it does change where that value lives. The question is no longer just: What can I do? It is also: What do I see, how do I relate, and how do I adapt?