AHALab × ZimaBlueAI

My First Verifiable Action

Personal Action Card / Printable

Fill in only an anonymous code and non-sensitive scenarios. This page does not upload data; content is stored in the current browser. If using a borrowed device, please export and then clear it. No internet connection, no AI calls.

The page will try to save your input automatically in this browser, without uploading it. Use anonymous, non-sensitive information only.

A • Care and Needs

Anonymous code

_____

The person, event, or scenario I want to understand

_____

What have you observed? Do not write identity or private matters

_____

Two questions I still don’ t have answers to

_____

Who, when, because of what barrier, hopes for what change?

_____

Your guesses, current alternatives, and what evidence would change the hypothesis

_____

B • Core choices and progress

Long-term vision vs. what to test this week

_____

What to protect first, so what to do now and what to pause

_____

Two existing strengths, one information gap, and how to get it

_____

First principles: goal, known facts, real constraints, testable assumptions, smallest check

_____

Smallest task for AI, its limits, and the result I check myself

_____

Expected, actual, smallest check, one fix, and retest

_____

C • 48-hour action

One action you can start in about 20 minutes; no app needed

_____

Optional: which strength backed by experience to use; no need to share reflection details

_____

Time, place, and review time; optional check-in partner

_____

Self-discipline: reduce one distraction, prepare one start cue; when to resume after a break

_____

Which task the other person chooses voluntarily, how they agree, and what is not recorded

_____

Evidence of completion, plus clues for success, failure, or uncertainty

_____

If stuck, what I do first; when to ask for help or report a delay

_____

Lower secondary: adult support; university: cost limit, recruitment, and payer assumption

_____

D • Try, then return

Anonymous feedback summary and observed behavior; no raw chat logs

_____

Feedback categories: need / entry / delivery / fault / value / attitude / undecided

_____

What to change this time, and the basis for continuing / narrowing / switching / pausing

_____

How to reply to the other person, end the record, or return materials

_____

Three sentences to leave with

What I care about. What I will do and when. What evidence I will bring next time.

Peer practice must be clearly labeled. Agreeing to participate does not mean continued use, and certainly does not mean the market is viable. If the other person declines, respect their refusal.

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aha-lab.ai

Rebuilding a sense of physical meaning in the AI era

AHALab × ZimaBlueAI · Open learning materials · Not yet trial-taught · Anonymous teaching case; no app source code