

Your next useful move.

A practical guide to getting unstuck and making AI useful in your situation.

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Start with what is actually happening.

Choose something real: a task you keep delaying, a work conversation, a business idea, or a learning challenge. You can begin before you know the perfect solution.

The thing I would like to move forward is...

What makes this difficult right now?

A useful sign of progress would be...

This is a reflection guide, not a validated assessment or clinical diagnosis.

Give AI a useful job.

Choose a prompt that fits your situation. Replace the brackets. You can change the wording, ask for less, or stop and try a different approach.

EVERYDAY ORGANIZATION

I have these things on my mind: [list]. Help me separate what needs a decision, what needs action, and what can wait. Ask about my time and energy before suggesting a manageable starting point.

WORK & CAREERS

Help me prepare for [interview, leadership conversation, or team discussion]. Ask what I want to achieve, then role play the other person. Pause after each response so I can practice. Give specific feedback on clarity.

BUILDING A BUSINESS

My experience is [experience], and I may want to help [people] with [problem]. Help me separate what I know from what I am assuming. Suggest questions I can ask real potential customers before building an offer.

LEARNING & TEACHING

Help me understand [topic]. Ask what I already know. Give a small hint or example, then ask me to explain it in my own words. Check my understanding before moving on. Do not simply complete my assignment.

Keep names and confidential information out of prompts. Check AI responses. Students should follow school rules and use tools appropriate for their age.

A small experiment. A useful lesson.

Choose one low stakes task and try an approach you can adjust. An experiment gives you information, even when the first attempt is imperfect.

Choose the task.

What is small enough to try and meaningful enough to care about? Example: outline a meeting agenda or prepare three questions for a potential customer.

Decide what to notice.

Look at time, effort, clarity, and the corrections you need to make. Finishing faster is only helpful if the result is usable.

Keep your judgment in charge.

Check facts, sources, tone, and whether the result fits the people involved. For learning, try explaining the idea again without the tool.

Adapt what happens next.

Keep what helps. Change what does not. If the obstacle is time, unclear expectations, or missing support, address that condition too.

MY NEXT EXPERIMENT

I will try: _____

I will notice: _____

I will review it on: _____

Useful evidence. Thoughtful application.

Research can sharpen a question. It does not guarantee what will happen in your situation.

Workplace support

A 2025 customer support study found an average 15% increase in issues resolved per hour with AI assistance. Results differed by experience. One setting does not establish what every job will gain.

[Brynjolfsson, Li & Raymond, QJE \(2025\) | Read the source](#)

Learning design

A 2025 university physics trial found higher immediate learning gains with a carefully designed AI tutor. This was a specific teaching design, not evidence that every chatbot improves learning.

[Kestin and colleagues, Scientific Reports \(2025\) | Read the source](#)

Conditions for action

The COM-B model considers capability, opportunity, and motivation. It offers a way to explore what supports an action. It is not a personality test.

[Michie, van Stralen & West, Implementation Science \(2011\) | Read the source](#)

BRING YOUR QUESTION.

Let's find a way forward together.

Private consultation with Dr. Cherry: \$497

Personal guidance and a written summary. Details confirmed before booking.

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Guide prepared September 2026. Exercises and prompts are Growthpreneur suggestions, not tested findings from these studies.