

Worksheets

Analog Dad VS AI Mom — A Family's Journey from the Old Rules to the New World

These pages collect the exercises from the ends of the chapters in one place. Fill them out in pencil, or copy them into a notebook. Nobody grades them. A year from now, take them out again and see what has changed.

Printable versions of the worksheets for all three books, laid out for US Letter paper, are at csicsike76.github.io/analog-dad-worksheets.

The Four Questions, for Every Sheet

What can the machine do? What can a person do? Who checks? Who bears the consequences? Every worksheet is built on these questions. If you get stuck on a sheet, start with these four.

Worksheet One: Your Work Map

This goes with Chapters One and Four.

Write down the five most common tasks in your work, your studies, or your household. Next to each one, write three things.

First: could a machine do this today? Completely, partly, or not at all.

Second: if the machine did it and made a mistake, would you notice? The way Gabe noticed the annual true-up bill.

Third: does it need someone to be there in person? Hands, presence, a place?

Where the machine can do it and you would notice its mistake, you can be the one who checks. Where the machine can do it but you wouldn't notice its mistake, that's where you have work to do. Where presence is needed, that part will stay yours for a long time.

The five most common tasks in your work, studies, or household	Could a machine do this today?	If the machine did it and made a mistake, would you notice?	Does it need someone there in person? (hands, presence, a place)
	☐ Completely ☐ Partly ☐ Not at all	☐ Yes ☐ No	☐ Yes ☐ No
	☐ Completely ☐ Partly ☐ Not at all	☐ Yes ☐ No	☐ Yes ☐ No
	☐ Completely ☐ Partly ☐ Not at all	☐ Yes ☐ No	☐ Yes ☐ No
	☐ Completely ☐ Partly ☐ Not at all	☐ Yes ☐ No	☐ Yes ☐ No
	☐ Completely ☐ Partly ☐ Not at all	☐ Yes ☐ No	☐ Yes ☐ No
	☐ Completely ☐ Partly ☐ Not at all	☐ Yes ☐ No	☐ Yes ☐ No

Worksheet Two: Your Emergency Fund and the Four New Kinds of Wealth

This goes with Chapter Five.

Your emergency fund: how much money do you have that you could touch if you had to? What are your monthly expenses? Divide the first by the second. That’s how many months you have.

Your four new kinds of wealth. What can you do that people would pay for? Who trusts you? Who would pick up the phone if you were in trouble? Is there anything that works without you?

Next to each one: is this yours, or are you just borrowing it from an app, a company, or a stroke of luck?

My four new kinds of wealth:

Money I could touch if I had to	Monthly expenses	Months I have (first ÷ second)

Your four new kinds of wealth	Your answer	Is this yours, or borrowed from an app, a company, or luck?
What can you do that people would pay for?		☐ Mine ☐ Borrowed
Who trusts you?		☐ Mine ☐ Borrowed
Who would pick up the phone if you were in trouble?		☐ Mine ☐ Borrowed
Is there anything that works without you?		☐ Mine ☐ Borrowed

Worksheet Three: The Leak Log

This goes with Chapter Six. For one week, one line every evening, for five questions.

How much money went today to something I don't remember deciding on?

How much time went to something I don't remember?

What did I learn today that was new, however small?

What data did I give out about myself today, and to whom?

What did the machine decide for me today that I could have decided myself?

At the end of the week: which one leak am I going to patch now?

Day	Money that went to something I don't remember deciding on	Time that went to something I don't remember	Something new I learned today	Data I gave out about myself, and to whom	What the machine decided for me that I could have decided myself
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Worksheet Four: The Time Log and Your First System

This goes with Chapter Seven.

Where did my time go in one week? At the end of the week, I underline what I do the same way every week.

A description of one of the underlined tasks, as if I were explaining it to a new coworker. What needs to be done, in what form, what to watch out for, what the most common mistake is.

How will I check it? What is the rare case, the May 6, where a mistake would hide most easily?

The devil’s advocate test. I ask someone in my family to try to break it on purpose. They can give it an odd date, an empty field, a long name with an apostrophe, an ambiguous message, or a letter written at the start of the year with last year’s date. They shouldn’t try to make it work. They should try to find mistakes. Whatever they find, I write down here, and I fix it now, not at ten past seven on some Monday morning.

What the devil’s advocate found:

Your answer

Worksheet Five: The Three Columns

This goes with Chapter Eight.

What am I strong at? Next to each one: a sure edge, an uncertain edge, or dangerously uncertain.

If my workplace measured what I do best, what would it measure? Does it measure that today? If not, how can I make it visible?

What am I strong at?	A sure edge	An uncertain edge	Dangerously uncertain

Worksheet Six: Your Second Income's Balance Sheet

This goes with Chapters Nine and Fifteen.

What would I sell, in one sentence, from the point of view of what the client gains from it?

Who is the first person for whom this is a real problem? By name.

What would I say if they told me they could do it themselves with the machine?

Whose data would I be working with, and how would I protect it?

Who is my bookkeeper, my lawyer, my expert, the person I call when the machine is confident but not certain?

How many evenings can I put into it in the first six months while still keeping my family intact?

What are the three things people have come to me for most often over the past twenty years? Who else would need them, outside my current workplace?

Your answer

Worksheet Seven: The Skills Map

This goes with Chapter Ten.

The seven skills: asking good questions, checking, writing clearly, dealing with people, understanding money, working with the machine, learning how to learn.

Next to each one, a number from one to five: how good I feel I am at it. Then I do the test for at least two of them, and next to the old number, I write my score after the test.

The seven tests:

Asking good questions. Write the same request to the machine two ways. Once in one sentence, and once so that it includes who you are, what you want, who it's for, and what the result should be like. If there's no difference between the two answers, your second question wasn't precise enough yet.

Checking. Give the machine a task from your own field, and find three mistakes in its answer in ten minutes. If you don't find a single one, either it really was good, or you don't know enough to notice. It's worth knowing which.

Writing clearly. Explain your work or your studies in five sentences to a twelve-year-old, and ask them to repeat it back in their own words. Whatever they can't repeat back, you didn't explain clearly.

Dealing with people. In your next argument, before you answer, repeat back to the other person, in your own words, what they said. If they answer yes, exactly, then you can respond.

Understanding money. Name your family's fixed monthly expenses from memory, within 10 percent, then check the statement.

Working with the machine. Do a real task with the machine, and write down what you changed in the final result. If nothing, be suspicious. If everything, you assigned the task badly.

Learning how to learn. Learn some small new thing in one week, and at the end of the week, teach it to someone. If you can teach it, you've learned it.

My weakest skill, the one I'll test once a week for the next month:

Skill	How good I feel I am at it (1–5)	My score after the test (1–5)
Asking good questions		
Checking		
Writing clearly		
Dealing with people		

Skill	How good I feel I am at it (1–5)	My score after the test (1–5)
Understanding money		
Working with the machine		
Learning how to learn		

Worksheet Eight: Your Personal and Family Rulebook

This goes with Chapter Eleven and the practice chapter.

Gabe’s questions, before I make anything with the machine about someone or for someone. Is it true? Did they agree? How would I feel if it were about me? Who pays the price?

I never type into the machine: my passwords, my debit card number, my ID numbers, the numbers of my contracts and accounts, or other people’s information without their permission. I ask for a placeholder where the real numbers go, and I fill them in myself at the end.

The four things for every request: who I am, what I want, who it’s for, what it should be like.

Whatever goes out under my name, I have read, and read out loud.

My own rule, which I add myself:

Our family’s rule, which we add together:

Your answer

Worksheet Nine: Your Family Safety Protocol

This goes with Chapter Twelve. Put it next to your elderly relatives' phones too.

The first step: I stop. The more someone rushes me, the more slowly I act.

The second step: I check another way. I hang up and call the person back on their own known number. I ask the living question.

The third step: before I send money, or give out a code, a password, or personal information, I tell a second person.

We don't write down the family password. This week's living question:

My second person:

The family's known phone numbers, on paper:

My bank's phone number (on the back of my card):

If it already happened: if money moved, I call the bank right away, then the police, then my family. I also report it at [ReportFraud.ftc.gov](https://www.ftc.gov/identity-theft). I'm not ashamed.

Your answer

Worksheet Ten: The Decision Sheet

This goes with Chapter Fourteen. Use it when you’re choosing between two paths and neither one is clearly right.

The two paths, side by side.

What will I know in five years if I choose this one? Not how much I’ll earn. What I’ll know.

How reversible is it? What would it cost to step back, and do I have an emergency fund for that?

Where is fear deciding, and where is curiosity?

What stays mine even if the company doesn’t?

Question	Path one	Path two
What will I know in five years if I choose this one?		
How reversible is it? What would stepping back cost?		
Where is fear deciding, and where is curiosity?	○ Fear decides ○ Curiosity decides	○ Fear decides ○ Curiosity decides
What stays mine even if the company doesn’t?		

Worksheet Eleven: The Family Routine

This goes with Chapter Sixteen.

The day and the occasion when the family is together anyway:

Our two questions:

If it gets missed once: we keep going. Twice: we ask why. Three times: we cut it down, but we don't stop.

The person who will notice when it has stopped:

Your answer

The Last Sheet: Twenty-Four Hours

This goes with the Closing.

Imagine that tomorrow morning at nine, they call me into a small conference room. They tell me that in four months, my work will no longer be needed. These are the three things I would start today.

I did the first one today. The date:

Your answer

The Very Last Sheet: Your Fear

In the Preface, I asked which fear brought you here. Write down that same sentence now.

Then, next to it, write what you know about it now that you didn't know at the beginning of the book. What part of it is real? What part was just fog? And what is the one step you can take against it?

Maybe the fear is still there. It stayed with the Millers too. But if you can describe it more precisely now than at the beginning of the book, then this book has done its job.