Make AI a thought partner.

Start with a decision or obstacle that matters. Use AI to surface missing information, explore alternatives, and test your thinking before you act.

CRIT: Context / Role / Interview / Task

Context: Explain the goal, stakes, constraints, and what you have already tried. If typing slows you down, dictate a brain dump.
Role: Specify a useful perspective: a career strategist, a skeptical reviewer, or the person receiving your message.
Interview: Ask AI to gather missing context before suggesting solutions. Request up to three questions, delivered one at a time.
Task: Request a few promising options you have not considered, with reasons and tradeoffs. Choose what fits your situation.

Try it: get unstuck in a job search

Context: I want a job with predictable hours. I have applied for [roles] for [time] and received [results]. My strengths are [strengths]. My constraints are [constraints]. I have already tried [approaches].
Role: Help me think like a career strategist who understands different communication and energy needs.
Interview: Before giving advice, ask me up to three questions, one per message. Wait for each answer.
Task: Then suggest three different approaches beyond applying to more jobs. Compare effort, likely benefit, and uncertainty. Help me choose one experiment for this week.

Make the second answer better

Challenge it: What assumption could make this plan fail? What evidence should I check?
Rehearse it: Play the recipient. What might be unclear or unconvincing?
Refine it: This misses [constraint]. Revise the options and explain the change.

Keep the judgment yours. A simulated expert or stakeholder offers a perspective, not verified expertise or access to another person's thoughts. Check facts and choose the next step yourself.

Adapted by Ideal Minds from Geoff Woods's CRIT framework and his July 15, 2026 BigDeal conversation with Codie Sanchez. Job-search example and follow-ups are our adaptations.

Listen: BigDeal with Geoff Woods (CRIT begins around 06:30)

Framework reference: Geoff Woods / AI Leadership

Turn thinking into action.

Keep these five everyday starters handy. Replace the brackets, then add an interview step when the situation needs more context.

01 / Start the task

I need to [task], and I feel stuck. I have [time] and [low/medium/high] energy. Give me up to five small steps. Make the first step take two minutes or less. Use plain language, estimate the time for each step, and label estimates. Show only the first step, then wait for me to say done.

02 / Make a realistic plan

Here is my brain dump: [tasks]. My fixed commitments are [commitments]. I have [available time] and [energy level]. Help me choose one priority and up to two optional tasks. Include breaks and a buffer. Put the rest on a later list. Ask one question at a time if you need more information.

Make AI work your way.

Try one prompt. Ask for a shorter answer, a different example, or a smaller step whenever you need it.

03 / Write the message

Help me write a message to [person] about [situation]. My goal is [goal]. Use a [warm/direct/calm] tone. Keep it under 100 words and do not invent details or commitments. Give me one draft and one shorter version. Preserve my boundaries and my own meaning.

04 / Practice a conversation

Roleplay [an interview / asking for help / setting a boundary] with me. My goal is [goal]. Ask or say one thing at a time, then wait for my reply. Give one specific piece of feedback and let me retry. Accept different communication styles. Do not assume you know what another person is thinking.

05 / Understand the information

Explain this text: [paste text you have permission to share]. Give me a three-sentence summary, define unfamiliar terms, and list up to three actions it explicitly asks me to take. Separate what the text says from your interpretation. If a deadline or detail is missing, say so instead of guessing.

Before you paste: remove private details you do not need to share. Check important facts and review a message before sending it. These prompts support everyday tasks; they are not clinical assessments.

More tools and both guides