Mindset180

The Human Judgement Checkpoint

A simple pause before you act on AI output

Purpose

AI can generate answers quickly.
Judgment is what determines whether acting on those answers is *wise*.

This checkpoint is designed to create a short, intentional pause before AI-driven decisions are made, especially when speed, automation, or pressure are involved.

Use it when:

- AI has generated a recommendation, plan, or decision

- You're about to automate or scale a workflow

- The impact of being wrong is more than trivial

Step 1:
What decision am I about to make?
(Be specific. "Approve," "Send," "Automate," "Recommend," etc.)

Step 2:
What did AI provide?
(Facts, options, draft content, analysis, patterns)

What did I contribute?
(Context, experience, constraints, intuition, values)

Step 3:

Answer quickly, first instincts matter…

What assumptions is this decision based on?

What might be incomplete, outdated, or biased?

What context might AI not see?

Step 4: Check all that apply:

- Low impact / easily reversible
- Affects customers or external stakeholders
- Financial or legal implications
- Reputational risk
- Ethical or fairness considerations
- Hard to reverse once executed

If this goes wrong, who feels it first?

Step 5: My confidence level in this decision right now:

- High – I understand the tradeoffs
- Medium – Some uncertainty remains
- Low – I don't fully trust this yet

What would increase my confidence by one level?

(More data, a second opinion, smaller scope, delay, etc.)

Step6:

Instead of a go / no-go ask:

What's the smallest safe action I can take next?
(Pilot, review, partial automation, human approval, etc.)

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[                                                    ]
[                                                    ]
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Step 7:

Who owns the outcome of this decision?
(Not the tool. A human.)

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How and when will the decision be reviewed??

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[                                                    ]
[                                                    ]
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Final Gut Check

Would I be comfortable explaining this decision to:

- **A customer?**

- **A colleague I respect?**

- **My future self?**

If you checked more than one, pause.

AI accelerates decisions.

Human judgment makes them possible.