

What does “the human part” actually look like?

As AI takes on more of the digital execution of work, the human remains responsible for directing the work, applying judgment, verifying quality, and deciding what happens next.

But the goal is not only to make humans better supervisors of machines. It is to give people back more human time: time to think, create, connect, move, rest, have conversations, build relationships, step outside, and be present in the physical world.

YOU STAY RESPONSIBLE FOR

Deciding the handoff

Directing the work

Unwritten context

Judgment and quality

Your voice in the work

Your job is to discern what belongs in human time, what belongs in AI time, and how the two work together.

🕒 AI TIME IS FOR

- Research and gathering
- First drafts, rewrites
- Summaries, structure
- Repetitive digital steps
- Defined processes

🕒 HUMAN TIME IS FOR

- Thinking, reflecting
- Consequential calls
- Creativity, curiosity
- Real conversations
- Movement and rest

✦ TRY EXPLAINING HOW YOU WOULD HAND OFF A TASK YOU ALREADY DO

Explain to someone who has never done it how you wash your hair. “Put soap on my head and rinse” leaves out most of the steps. Now do the same for a task you do at work: name the steps that need your judgment, then hand off the rest. That is how you design work around human time and AI time.

DON'T FORGET THE HUMAN PART!™

Hand off the execution. Keep the judgment. Reclaim the time to be human.