

PURPOSEBUILT INTELLIGENCE

BUILD YOUR OWN T.O.N.I. | AI CONFIDENCE FOR MDS COORDINATORS

Story Repository Interview Workbook

BETA PRE-WORK

Complete before September 2, 2026

Bring your completed workbook to the live Zoom session.

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PURPOSEBUILT INTELLIGENCE

Start Here

This workbook is your beta pre-work for Build Your Own T.O.N.I. | AI Confidence for MDS Coordinators. Complete the 20 core questions in your own words before the September 2 session. Short answers are perfectly fine. Your goal is not to write a memoir. Your goal is to give your AI working partner useful context about your story, experience, values, strengths, and voice.

SAFE Privacy Rule

Do not include PHI, resident information, documentation excerpts, screenshots, confidential facility information, passwords, financial account numbers, or other sensitive information you would not want stored in an AI conversation.

Pre-Session Checklist

- ☐ Save this Word workbook to a location you can easily open during the live session.
- ☐ Complete all 20 core Story Repository questions. Bonus questions are optional.
- ☐ Answer in your own words. Short, honest answers are enough.
- ☐ Skip or generalize anything that feels too personal or sensitive.
- ☐ Keep the completed workbook open and available on September 2.
- ☐ Do not complete the Willow Case in advance. We will use Willow together during the live workshop.
- ☐ Bring a laptop or tablet and be ready to copy/paste selected Story Repository responses into ChatGPT while building your T.O.N.I.

What happens in the live session

You will use this completed Story Repository to help personalize and build your T.O.N.I. We will then practice the T.O.N.I. framework together using approved, PHI-free examples and the Willow Case.

Part 1: Your Origin

1. Where did you grow up, and what are your strongest memories of childhood?

Your response:

Click here and replace this line with your response.

2. What challenges shaped who you are today?

Your response:

Click here and replace this line with your response.

3. Who had the biggest influence on your life growing up?

Your response:

Click here and replace this line with your response.

4. What's one experience that completely changed your perspective?

Your response:

Click here and replace this line with your response.

Part 2: Career Journey

5. Walk me through your career from the beginning until today.

Your response:

Click here and replace this line with your response.

6. What was your biggest professional failure, and what did it teach you?

Your response:

Click here and replace this line with your response.

7. What accomplishment are you most proud of?

Your response:

Click here and replace this line with your response.

8. What's a career story you tell often because people always learn something from it?

Your response:

Click here and replace this line with your response.

Part 3: Your Business

9. Tell me about your business. What do you do, and who do you help?

Your response:

Click here and replace this line with your response.

10. Why did you start it?

Your response:

Click here and replace this line with your response.

11. What's the hardest obstacle you've overcome in business?

Your response:

Click here and replace this line with your response.

12. Tell me about a client or customer success story that still makes you proud.

Your response:

Click here and replace this line with your response.

Part 4: Passions

13. What topics could you talk about for hours without getting bored?

Your response:

Click here and replace this line with your response.

14. What books, podcasts, mentors, or ideas have influenced you the most?

Your response:

Click here and replace this line with your response.

15. What hobbies or interests make you feel energized?

Your response:

Click here and replace this line with your response.

Part 5: Your Values

16. What principles do you refuse to compromise on?

Your response:

Click here and replace this line with your response.

17. What do people consistently come to you for advice about?

Your response:

Click here and replace this line with your response.

18. If people remembered you for only one thing, what would you want it to be?

Your response:

Click here and replace this line with your response.

Part 6: Your Personal Brand

19. What misconceptions do people often have about you?

Your response:

Click here and replace this line with your response.

20. Finish these sentences:

I believe...

Click here and type your response.

I never...

Click here and type your response.

I always...

Click here and type your response.

The world needs more...

Click here and type your response.

Success means...

Click here and type your response.

My mission is...

Click here and type your response.

Bonus Questions

Optional. Use these if you want to give your AI working partner even more context about your voice, perspective, and lived experience.

B1. What's the funniest thing that's ever happened to you?

Your response:

Click here and replace this line with your response.

B2. Tell me about a time you were completely wrong.

Your response:

Click here and replace this line with your response.

B3. Tell me about a moment you almost quit.

Your response:

Click here and replace this line with your response.

B4. What's a risk that paid off?

Your response:

Click here and replace this line with your response.

B5. What's a risk that didn't?

Your response:

Click here and replace this line with your response.

Bonus Questions (continued)

B6. Tell me about someone whose life you changed.

Your response:

Click here and replace this line with your response.

B7. What's your favorite family story?

Your response:

Click here and replace this line with your response.

B8. What's the best advice you've ever received?

Your response:

Click here and replace this line with your response.

B9. What's advice you disagree with?

Your response:

Click here and replace this line with your response.

B10. If someone spent a day with you, what would surprise them?

Your response:

Click here and replace this line with your response.

You Are Ready

Save your completed workbook. Keep it open during the September 2 beta session. When we begin building your T.O.N.I., you will use selected answers from this Story Repository to give ChatGPT richer context about how you think, work, communicate, and make decisions.

Remember

Your Story Repository helps personalize the working relationship. It does not replace your professional judgment, official guidance, facility policy, source verification, or final authority.

Bring to the live beta

- ☐ This completed Story Repository Word workbook
- ☐ The MDS Confidence Quick Start Prompt Guide
- ☐ The Willow Case Participant Practice Pack - unopened / not completed in advance
- ☐ A laptop or tablet
- ☐ Your questions, curiosity, and professional judgment