

Battling Over Reliance on AI

Critical Thinking & Problem-Solving

1. **Do mental math** instead of using a calculator for simple calculations.
2. **Analyze news articles** for bias and accuracy without relying on AI fact-checkers.
3. **Solve puzzles and riddles** like Sudoku, crosswords, or logic puzzles.
4. **Play strategy games** like chess or Go to strengthen problem-solving skills.
5. **Make decisions without AI recommendations**, such as choosing a book without an algorithm's help.
6. **Debate topics with friends or family** without looking up AI-generated arguments.
7. **Write essays or reports** without AI assistance, then compare your version to AI's.
8. **Ask "why" more often** instead of immediately accepting AI-generated answers.
9. **Develop multiple solutions** to a problem before seeking AI input.
10. **Practice lateral thinking exercises** to encourage creative problem-solving.

Memory & Learning

11. **Memorize important phone numbers** instead of storing everything digitally.
12. **Learn a new language** without relying on AI translators.
13. **Recite poetry, speeches, or historical dates** from memory.
14. **Read books in print** rather than using summaries or audiobooks.
15. **Try to recall information before looking it up** online.
16. **Take handwritten notes** instead of using digital note-taking tools.
17. **Use mental visualization techniques** to remember facts and concepts.
18. **Teach something you've learned** to someone else without AI's help.
19. **Play memory games** like matching games or recall exercises.
20. **Write grocery lists by hand** instead of using an AI shopping assistant.

Creativity & Independent Thinking

21. **Write stories, poems, or songs** without AI-generated content.
22. **Draw or paint** using only your imagination rather than AI-assisted design.
23. **Compose music or lyrics** without digital assistance.
24. **Brainstorm ideas with people** instead of using AI for inspiration.
25. **Keep a personal journal** where you reflect on your thoughts and ideas.
26. **Practice creative problem-solving** by redesigning common objects.
27. **Try improv or storytelling games** to think on your feet.
28. **Redesign a daily routine** to make it more efficient without AI advice.
29. **Make your own workout plans** instead of using AI-generated fitness programs.
30. **Cook new recipes from memory** rather than looking them up.

Social & Emotional Intelligence

31. **Have deep, face-to-face conversations** without relying on AI-generated responses.
32. **Practice active listening** and respond thoughtfully rather than relying on quick AI summaries.
33. **Write handwritten letters** instead of sending AI-assisted emails.
34. **Role-play social situations** to improve empathy and understanding.
35. **Negotiate without AI analytics**, relying instead on intuition and persuasion.
36. **Give presentations or speeches** without using AI-generated scripts.
37. **Join a debate club** to practice formulating arguments without AI assistance.
38. **Read fiction** to develop empathy and understanding of different perspectives.
39. **Volunteer in community events** to engage in human-centered problem-solving.
40. **Resolve conflicts manually** instead of using AI for mediation.

Hands-On & Experiential Learning

41. **Do mental mapping exercises** instead of relying on GPS.
42. **Fix things manually** before searching for AI troubleshooting solutions.
43. **Try DIY projects** like woodworking, knitting, or mechanics.
44. **Keep a handwritten planner** instead of using AI scheduling tools.
45. **Grow a garden** and learn to care for plants without AI instructions.
46. **Use physical maps** to navigate instead of AI-powered apps.
47. **Practice estimating distances, weights, or costs** without AI calculations.
48. **Take up a hands-on hobby** like playing an instrument or sculpting.
49. **Do mental exercises while commuting**, like memorizing landmarks.
50. **Plan an entire day's activities** without using AI recommendations.