

My top **5** this week

- The Pain of Being Different
- AI is not responsible or irresponsible. We are.
- Making high-stake decisions
- 21 Ways to Manage Stress & Improve Mental Health
- Your "How" can be a distraction from your "Why"



The Pain of Being Different

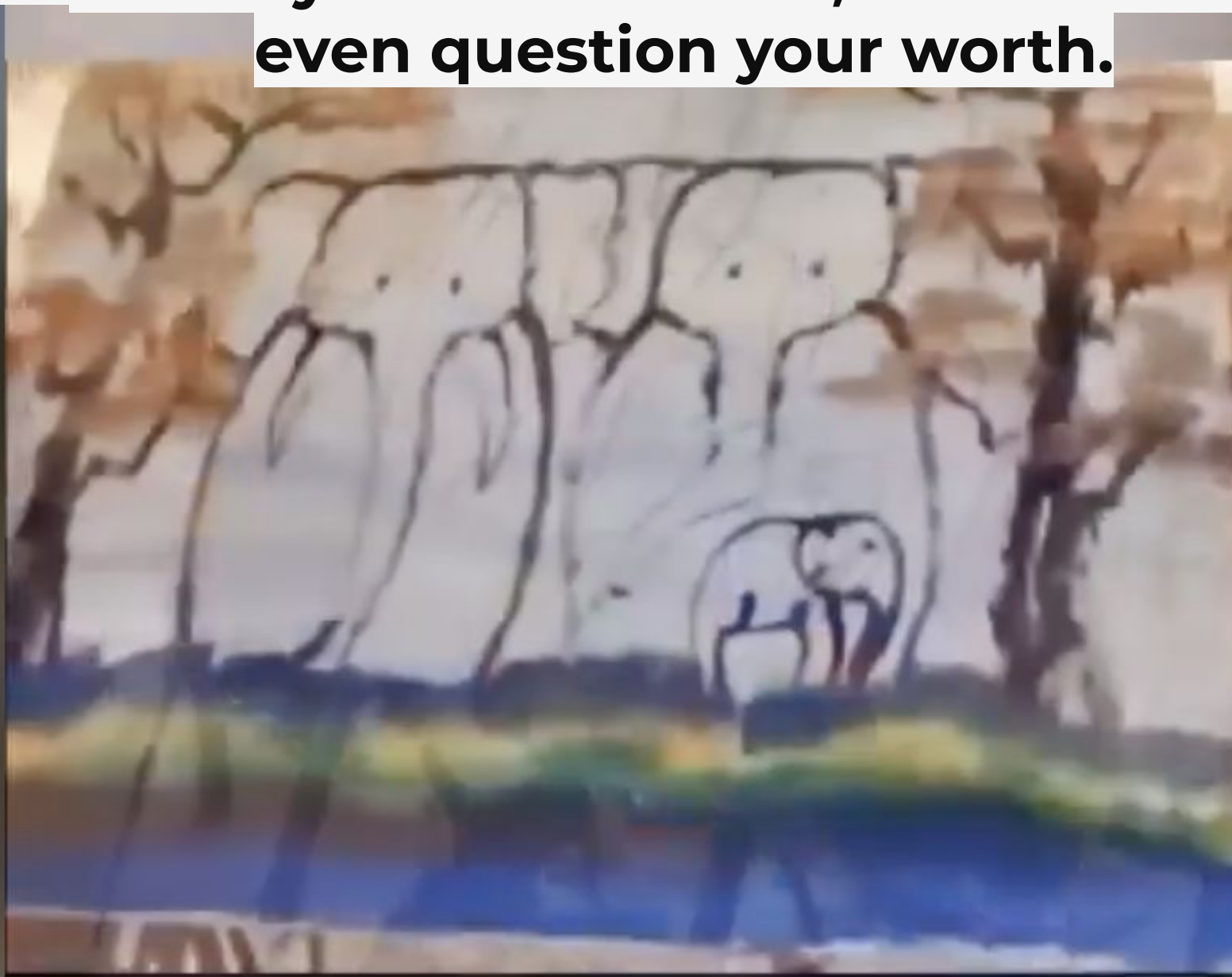


Chirag Gupta • 1st

Tech Agency Co-Founder | Business Growth Strategist | Content Creator...

16h •

**It's easy to feel isolated, demotivated,
even question your worth.**



**Keep building, creating,
and painting your story**



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AI is not responsible or irresponsible. **We are.**



Elena Jaeger • 1st

AI Strategist & Development Expert | No hype, no unrealistic promises →...

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"The world is not very good at consensus, but that shouldn't keep us from trying."

Paul Brook, Dell

- Advocate for transparency in AI
- Learn about how AI is being used at your work, in your community
- Ask critical questions about data use, bias, risks
- Discuss AI ethics at home / with your friends and colleagues
- Actively seek out and support ethical AI initiatives



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Making high-stake decisions



Joshua Suulola 🔥 • 1st

The Rescuer | I guide leaders to find meaning in purposeful work | Teach...
3d • 🌐

- RAPID - Recommend, Agree, Perform, Input, Decide
- Actively seek out and support ethical AI initiatives
- Seek diverse Perspectives
- Scenario Planning
- 80/20 Pareto

2 APPLY THE "RAPID" FRAMEWORK

- **Recommend** – Who is recommending the course of action?
- **Agree** – Who must agree before the decision is made?
- **Perform** – Who is responsible for executing the decision?
- **Input** – Who provides data or insight?
- **Decide** – Who ultimately makes the call?

This framework ensures accountability, minimizes confusion, and speeds up the process.

Practical Example: Use this framework in meetings to clarify **who** plays each role so decisions are more streamlined and less delayed.



3 / 7



21 Ways to Manage Stress & Improve Mental Health



Graham Nicholls • 1st

Founder. I help people to help other people! An internationally best sellin...

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- Spent time in Nature
- Daily Gratitude Practice
- Connect with Loved Ones
- Engage in Creative Activities
- Limit News & Social Media consumption

My Top 5



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Your "How" can be a distraction from your "Why"

- There is **an appetite** for certain topics.
- I can go deep, nearly **losing myself**.

But, these topics may not contribute best to my bigger goal

I help people learn how to learn, retain and recall with ease.



Let your "Why" guide the path and implement it with the best "How."





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