



Member's-Only Content: Please Read Before Proceeding .

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FORGOOD Cognitive Check-in (AI Usage)

Here's some inspiration for anonymous 5-minute check-ins to embed in existing team meetings (e.g. monthly). For continuous, critical AI usage as cognitive check-in under time pressure.

Why use a FORGOOD cognitive check-in?

- Use this quick, structured check-in to surface AI-associated cognitive risk concerns early
- Anonymous input enables input without hierarchy barriers
- Capture diverse perspectives across teams/ project phases
- Track trends to spot blind spots and emerging risks

Part 1: FORGOOD confidence check on cognitive engagement with AI

Rate each from 1 (not confident) to 5 (fully confident)

- **Judgement** (Fairness · Respect · Goals) "When I use AI, I check for bias, consider its impact on those who receive it or act on it, and make sure it's serving the right outcome."
- **Ownership** (Options · Delegation) "I consider alternatives to what AI suggests, and I remain the accountable decision-maker."
- **Transparency** (Openness · Opinions) "I'm open about when and how AI contributed to my work, and confident it would pass the front page test."

Part 2: Discussion on what needs attention

- *Word cloud / quick open discussion (5 minutes): "Where have you recently felt most at risk of over-relying on AI in your work? Think of 1-2 examples."*
- Review the scores against the previous check-in: Where have scores shifted, and what's driving the change? Then look at the word cloud. Pick the most prominent theme and discuss: **what's one thing we could do about it before the next check-in?**

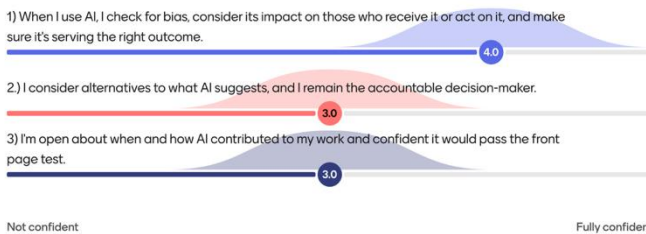
Choose your platform: Mentimeter (s. below), MS teams polls, Google forms, Qualtrics

Example

Just copy the questions above into a tool of your choice depending on what your team uses

Rate each from 1 (not confident) to 5 (fully confident)

What are your recent concerns related to trust, decision quality, resilience and ownership?



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