

# AI Habits Quiz

## Introduction

This quiz is a reflection tool to help you think about the extent that AI (models that process data to make predictions or decisions) is integrated into your daily digital activities. There are no right or wrong answers! For each question, choose how often you do an action on a scale of 1 (Never) to 4 (Constantly). Add together all answers for a total score and then flip the page for your results.

### How often do you do the following common AI habits:

Never ----- Constantly

1	2	3	4
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Use voice assistants like Siri or Alexa to answer questions or help with functions?

1	2	3	4
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Unlock your phone, other devices, or apps with facial recognition?

1	2	3	4
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Use map/navigation apps with real-time traffic updates?

1	2	3	4
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Stop at the search engine AI overview when searching for information?

1	2	3	4
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Click on auto-recommended search results, videos, posts, or headlines?

1	2	3	4
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Choose an auto-recommended song, album, playlist, or station when listening to music?

1	2	3	4
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Use generative AI chatbots like ChatGPT or CoPilot for writing, reflection, or questions?

1	2	3	4
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Use writing assistants with automated grammar/spelling tools like Grammarly?

1	2	3	4
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Points in each column

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Total points

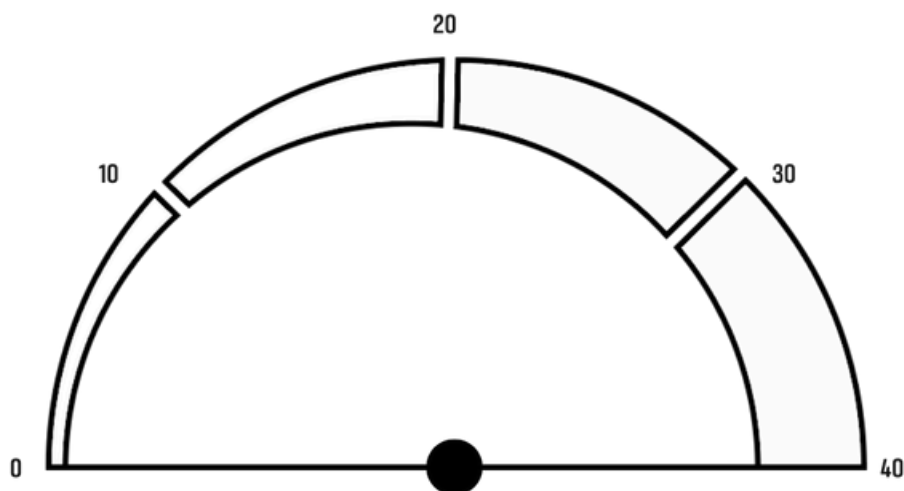
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# Shifting Your Meter



## Where do you fall on the AI meter?

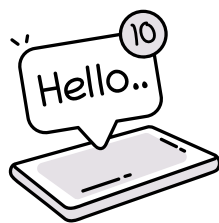
Your score will fall somewhere on the meter between 0 and 40. You can draw an arrow to show your result.



## How do you feel about this result? Write a few words.

## What should I do next?

You may have many thoughts and feelings about your results. Maybe you want to decrease your engagement with AI-powered tools, or are looking to explore more. Here are some considerations for doing either intentionally:



### Reflect

Review your top-used apps and sites and how you use them. Are you spending attention and energy where you want?

### Dig Deeper

Evaluate info for quality when making important decisions or learning about important things about you and others.

### Pay Attention

Remember that digital landscapes are always shifting. Keep track of new features and tools in your most-used apps.