

PRACTICAL EXERCISE

The Identity Audit Exercise

Voice. Disclosure. Verification. Ownership.

HOW TO USE THIS WORKSHEET

This is a fillable PDF — type directly into the fields on each page. It works alongside the Module 3 video and the Companion Guide, and takes about 10–15 minutes to complete for one real piece of work.

Pick one AI-assisted piece of work you've published or are about to publish, and run it through all four elements of the Authenticity Framework — Voice, Disclosure, Verification, Ownership — before you decide whether it's ready to go out under your name.

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Step 1 — Voice

DOES IT SOUND RECOGNIZABLY LIKE YOU?

Name the piece of work first, then read it back and ask whether it sounds like your own perspective and tone — or like a confident, generic average.

What is the piece of work?

Where does it sound like you — and where does it sound generic?

Step 2 — Disclosure

IS THE AI CONTRIBUTION MADE CLEAR WHERE RELEVANT?

Disclosure isn't a confession — it's a consistent standard, applied deliberately rather than only when someone asks.

☐**Disclosure Is Relevant Here**

The audience or context means how this was produced could matter to them.

☐**Disclosure Has Been Applied**

It's clear, appropriately, that AI contributed to this piece.

☐**Consistent With My Usual Standard**

This matches how I handle disclosure elsewhere — not a one-off exception.

Notes — how is AI's contribution disclosed here, if at all?

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Step 3 — Verification

HAVE FACTS AND REASONING BEEN CHECKED?

Fluency is not a substitute for a checked source. List any claims, numbers, or facts in this piece, and how each was verified.

Claims, numbers, or facts used

How was each one verified — and against what source?

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Step 4 — Ownership

CAN YOU FULLY STAND BEHIND IT, AS IT IS?

If this turns out to be wrong or challenged publicly, it's your name attached to it — not the tool's. Decide, honestly, whether it's ready.

What would you need to change before you'd fully own this?

☐

Ready to Publish Under My Name, As Is

ONE PERSONAL RULE FOR NEXT TIME