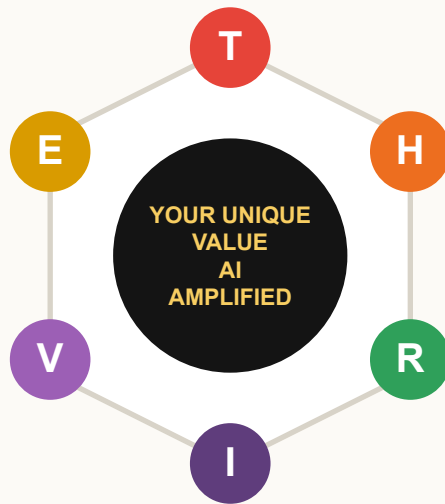
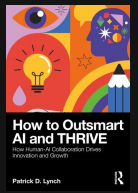


THRIVE at a Glance

Six pillars for making AI work with you.

Patrick D. Lynch, PhD · Thinkers50 RADAR 2026 · TEDx speaker · AI Faculty Lead, Hult International Business School



How to THRIVE with AI

- 1 Skim the six pillars: each has a formula and one move you can make this week.
- 2 Take the 60-Second Readiness Check and find your profile.
- 3 Scan the code for your full THRIVE profile, plus tools, tactics, and takeaways.

The gameboard: visit every corner. Each one moves AI closer to amplifying what only you can do.

The six pillars

T

Transformative Engagement

Meaningful Work × AI Support

Try: Align AI with the work that energizes you.

H

High Productivity

AI Assistance ÷ Human Focus

Try: Delegate the routine. Protect the focus that pays off.

R

Resilient Adaptability

Human Adaptability ÷ AI Obsolescence Risk

Try: Try one new tool this week. Keep learning.

I

Imagination & Creativity

Human Creativity × AI Capabilities

Try: Use AI to explore new solutions to problems.

V

Value through Ethics

AI Power ÷ Human Oversight

Try: Know when to override AI. You make the call.

E

Efficient Optimization

Human Intuition + AI Optimization

Try: Check you're doing the right things, the right way.

The 60-Second Readiness Check

Write a 1 (not yet) to 5 (absolutely) in each box, then add them up.

- | | | | |
|---|--------------------------|--|--------------------------|
| ● I use AI for the work that matters most to me. | ☐ | ● I know which tasks to hand off to AI. | ☐ |
| ● I experiment with new AI tools to stay current. | ☐ | ● AI helps me find ideas I wouldn't find on my own. | ☐ |
| ● I know when my judgment should override AI. | ☐ | ● I check that AI and I are doing the right things, the right way. | ☐ |

6–13 · APPRENTICE

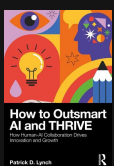
14–19 · EXPLORER

20–24 · BUILDER

25–30 · LEADER

Your score is a baseline. Target one thing to improve. Retake it in 30 days. Share your insights.

Read Chapter 8, "Ready to THRIVE with AI?" for the full playbook.



How to Outsmart AI and THRIVE

Patrick D. Lynch, PhD · Routledge, Taylor & Francis publishers

Game on! Get your tools, tactics, & takeaways here.

<https://www.patrickdlynch.com/>

