



The Confidence Gap Self-Audit

The Confidence Gap is the distance between how you feel about AI and how you actually use it. A wide gap produces shallow, secret, low-confidence use. This worksheet helps you find your gap and stack the first wins that close it. Set aside 15 minutes. Be honest. Nobody sees this but you.

STEP 1 LOCATE YOUR GAP

Rate each statement from 1 (strongly disagree) to 5 (strongly agree). Circle your number.

I feel anxious, guilty, or resentful when I use AI tools.

(1) (2) (3) (4) (5)

I use AI more often than I would admit to a colleague.

(1) (2) (3) (4) (5)

I usually take the first answer AI gives me without checking or refining it.

(1) (2) (3) (4) (5)

I have never been formally taught how to use AI well.

(1) (2) (3) (4) (5)

I would feel behind if I stopped using AI tomorrow.

(1) (2) (3) (4) (5)

YOUR GAP SCORE (add all five circled numbers):

5 to 11: narrow gap, keep stacking. 12 to 18: working gap, focus on Step 3. 19 to 25: wide gap, start today.

**STEP 2 NAME THE FEAR**

A wide gap is fueled by a specific worry, not a vague one. Write the single biggest fear or discomfort you have about using AI. One sentence. Specific.

Now reframe it as a skill question. Example: "AI will make me a worse writer" becomes "How do I use AI so my own writing voice gets stronger?" Write your reframed question below.

STEP 3 STACK YOUR FIRST THREE WINS

The gap closes through small, deliberate, successful repetitions. Plan three. Each one is a real task you will do this week, on purpose, and keep the result.

1 WIN 1: the task, the tool, and how you will check the result

2 WIN 2: the task, the tool, and how you will check the result

3 WIN 3: the task, the tool, and how you will check the result

Closing the gap is easier with company.

Join the free Harvest Kernel community to share your three wins and stack the next ones with educators and professionals doing the same.

www.harvestkernel.com/portal