

# The Two-Track Self-Assessment

The workforce is splitting into two tracks. The data shows the winning track needs two things: AI fluency and AI judgment. Rate yourself honestly on each item below. There are no wrong answers, only an accurate starting point.

**SCORING:** Not yet = 0   Sometimes = 1   Usually = 2

## TRACK 1: AI FLUENCY

*Comfort with the tools*

1. I use an AI tool (ChatGPT, Claude, Gemini) at least a few times a week.
2. I can write a clear, specific prompt without much trial and error.
3. I know the difference between what these tools do well and do poorly.
4. I have used AI for a real work or study task, not just experiments.
5. I could show a colleague how to get started with an AI tool.

0	1	2
0	1	2
0	1	2
0	1	2
0	1	2

## TRACK 2: AI JUDGMENT

*Directing and verifying the tools*

1. I fact-check AI output before I rely on it.
2. I have caught an AI answer that looked confident but was wrong.
3. I can tell when a task needs human judgment instead of AI.
4. I revise and direct AI output rather than accepting the first answer.
5. I could explain to someone WHY an AI answer was good or bad.

0	1	2
0	1	2
0	1	2
0	1	2
0	1	2

**FLUENCY TOTAL:** \_\_\_\_\_ / 10

**JUDGMENT TOTAL:** \_\_\_\_\_ / 10

*Add your scores for each track, then turn the page to find your SeedStacking phase.*

## YOUR SEEDSTACKING PHASE

# Find Your Phase, Take Your Next Step

Use the two totals from page one. Find the box that matches, that is your current SeedStacking phase, with one concrete next action.

### **SEED PHASE**      Fluency 0-4 and Judgment 0-4

You are at the start, and that is the right place to be. Next move: pick one AI tool and use it for one real task this week. Low friction, immediate result. Fluency comes first.

### **SPROUT PHASE**      Fluency 5+ but Judgment 0-4

You have real fluency forming. Now build on it. Take a task you already do and work WITH the tool, refining and redirecting rather than accepting the first answer.

### **GROW PHASE**      Either score in the 5-7 range

You are fluent and your judgment is developing. Growth edge: use AI to build something real in your actual workflow, and practice catching answers that look right but are not.

### **HARVEST PHASE**      Fluency 8+ and Judgment 8+

You pair strong fluency with strong judgment. You are on the winning track. Next step: teach it. Help someone else build both skills. Teaching is where mastery locks in.

## **Build both tracks with people doing the same.**

The free Harvest Kernel community is where educators and professionals build the fluency-plus-judgment combination employers pay for.

[harvestkernel.com/portal](https://harvestkernel.com/portal)