



EQFIT® AI Readiness Edge™ Assessment

Your Tech Success Roadmap

Prepared for Sam Sample

This isn't a tech-skills test. It measures the way you're wired to engage with technology and AI — the mindset patterns that either speed you up or hold you back. Every signal below is a starting point, and every one can grow.

What this report is for — and what it is not

This report is a development tool. It describes how you tend to operate right now — not your worth, your potential, or your IQ. Scores move over time. Moving them is the whole point.

Because of that, the EQFIT® Edge™ assessments are not to be used to make personnel decisions. They are not selection instruments or promotion instruments. They are research-based, for growth and development purposes. Results should not be used to decide who gets hired, promoted, retained, reassigned, compensated, or let go.

If you are a leader holding someone else's report, treat it as confidential and as a conversation starter, not a verdict on that person. Work with them and with the report, and grow them through the process as it is intended.

Your EQFIT® AI Readiness Edge™ Assessment: 51.1% — Building

You: 51.1%



You're on your way. The foundation is forming, and a handful of focused steps will turn effort into momentum.

Your Technology Signature: The Principled Explorer

Development use only. The EQFIT® Edge™ assessments support growth, coaching, and skill development. They are not intended for personnel decisions. | © 2026 — EQFIT® — All rights reserved.



Something distinctive shows up in your profile: your instinct for using technology **well** — responsibly, creatively — is ahead of your day-to-day fluency. You're asking the right questions before you've mastered the tools, and that's a strong place to start from.

Your roadmap builds the foundation underneath those instincts: the readiness and the everyday practice that let your good judgment translate into real, confident use.

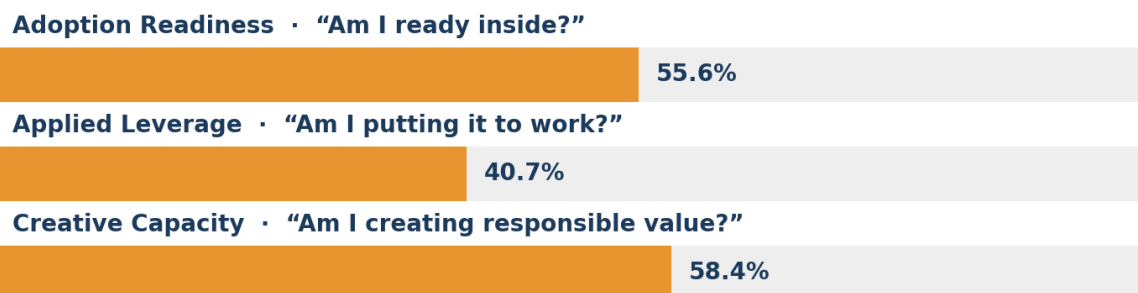
The three big questions

Your overall score weights these three unequally — 40% inner readiness, 35% putting it to work, 25% creating new value. Those weights reflect the EQFIT® development sequence (inner readiness first — nothing downstream sticks while threat is high), not statistical variance, and we will revisit them against pilot data.

Adoption Readiness (Am I ready inside?) 55.6% (Building). *Your inner readiness — how prepared you are, emotionally and mentally, to engage with technology. Your readiness is forming — the emotional ground (calm, confidence, openness) is where your effort pays most right now.*

Applied Leverage (Am I putting it to work?) 40.7% (Building). *How well you turn technology into real results in your work. The leverage is waiting: more deliberate trying, choosing, and calibrating will start converting tools into hours and results.*

Creative Capacity (Am I creating responsible value?) 58.4% (Building). *Whether you use technology for new, responsible value — not just speed. Mostly the tools speed up old work so far; the creative and ethical layer is ready to grow next.*



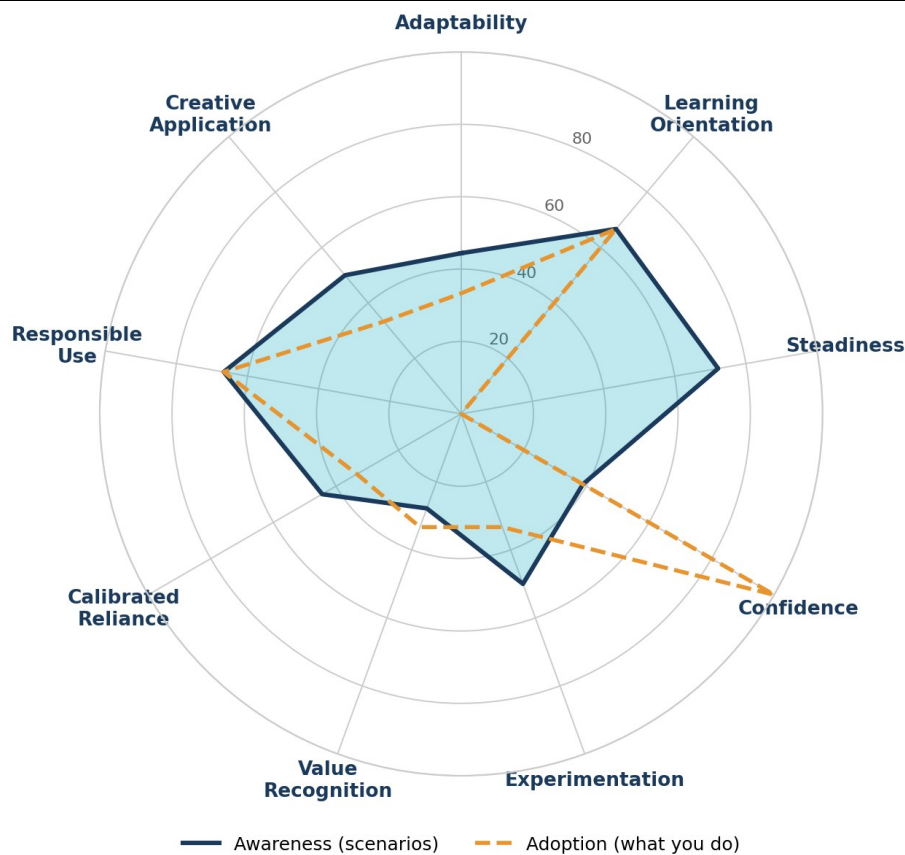
Your nine signals

Signal	The question	Where you are
--------	--------------	---------------

Development use only. The EQFIT® Edge™ assessments support growth, coaching, and skill development. They are not intended for personnel decisions. | © 2026 — EQFIT® — All rights reserved.



Adaptability	<i>"Will I adjust?"</i>	Building · 44.4%
Learning Orientation	<i>"Can I grow?"</i>	Capable · 66.7%
Steadiness	<i>"Can I stay calm?"</i>	Capable · 72.2%
Confidence	<i>"Can I do this?"</i>	Emerging · 38.9%
Experimentation	<i>"Will I try?"</i>	Building · 50.0%
Value Recognition	<i>"Is it worth it?"</i>	Emerging · 27.8%
Calibrated Reliance	<i>"When do I trust it?"</i>	Building · 44.4%
Responsible Use	<i>"Should I?"</i>	Capable · 66.7%
Creative Application	<i>"What could I create?"</i>	Building · 50.0%



Your nine signals at a glance — solid line: awareness; dashed line: what you currently do.

Emotional Readiness (Am I ready inside?)

Adaptability (Will I adjust?)

Development use only. The EQFIT® Edge™ assessments support growth, coaching, and skill development. They are not intended for personnel decisions. | © 2026 — EQFIT® — All rights reserved.



How readily you change the way you work when technology shifts.

Your result: Building (44.4%). You do adjust — it just costs you more time and energy than it needs to, because part of you keeps a foot in the familiar way. That's not stubbornness; it's your brain protecting what already works. The good news: adaptability is a habit, not a trait, and it grows quickly once you practice letting go of one small routine at a time.

Your next step: Choose one small routine and change it on purpose this week — a 15-minute swap you control, just to practice the letting-go muscle.

The shift: “You hold onto familiar ways, so change costs more time and energy.” → “You adjust your methods with little friction and find new footing fast.”

In the field: Pick one familiar task and deliberately do it the new way for two weeks.

Go deeper: The One-Routine Swap

- Adaptability grows by practicing small, chosen change — not by surviving big, imposed change.
- Step 1 — Pick one routine you repeat weekly (a report, an email pattern, a checklist).
- Step 2 — Do it a new way for two weeks — a new tool, a new order, an AI assist.
- Step 3 — On day 14, write one line: what got easier, and what you'd keep.
- At your level — Choose the smallest routine on your list. Finishing matters more than ambition here.

Sit with this: What would it cost you to keep doing it the old way for another year?

Learning Orientation (Can I grow?)

Whether you believe tech ability grows with effort, and lean into learning over protecting an image.

Your result: Capable (66.7%). You believe you can learn this, and mostly you do. The next edge is intentionality: less grazing on tutorials, more deliberate reps on the one capability that would change your week. Belief is already in place — now aim it.

Build on it: Block one recurring 30-minute slot this week for deliberate practice on a single named skill — same skill every week until it's yours.

The shift: “I'm just not a tech person” quietly caps your growth.” → “You treat gaps as learnable and actively develop.”

In the field: Name one tech skill you've written off, and spend twenty minutes on its basics.

Go deeper: The Learning Log

- The 'I'm not a tech person' voice only loses to evidence — so we collect some.
- Step 1 — Choose one capability worth having (not five — one).

Development use only. The EQFIT® Edge™ assessments support growth, coaching, and skill development. They are not intended for personnel decisions. | © 2026 — EQFIT® — All rights reserved.



- Step 2 — Spend 15 minutes on it, three times this week.
- Step 3 — After each rep, write one line: "what I can do now that I couldn't this morning."
- At your level — Tie the capability to a business number — hours saved or revenue touched — and track it.

Sit with this: When did you last learn something hard that you now do without thinking?

Steadiness (Can I stay calm?)

How well you regulate anxiety around new tech so you can think clearly.

Your result: Capable (72.2%). You usually catch the alarm before it drives the decision. The next edge is consistency under real pressure — a launch week, a client deadline — when the old reaction still sometimes grabs the wheel first.

Build on it: Next time tech news spikes your pulse, write two lines before reacting: "what's actually true for me" and "what can wait." Keep the notes — they're your calibration record.

The shift: "Fear or overwhelm drives the response — you avoid, freeze, or react." → "You notice the reaction, steady yourself, and judge tech on its merits."

In the field: Before reacting to the next big AI headline, pause and write what's actually true for you.

Go deeper: The Reaction Map

- You can't steady a reaction you haven't named — naming it is half the skill.
- Step 1 — Next time tech news or a new demand spikes you, stop and locate the feeling: fear of looking incompetent, fear for the work, overload, or "here we go again."
- Step 2 — Write one sentence: "My alarm says _____. What's actually true is _____."
- Step 3 — Then decide — act, park it, or let it go. The decision is what the pause buys you.
- At your level — Practice on the hard cases: deadline weeks, client-facing stakes, public settings.

Sit with this: What's the one piece of this that, if it felt calmer, would unlock the rest?

Confidence (Can I do this?)

Your belief that you personally can learn and apply a given tool.

Your result: Emerging (38.9%). When a new tool lands, the first voice you hear says "you won't be able to do this" — and that voice has been making your decisions. It's wrong, but arguing with it doesn't work. What works is evidence: tiny, private, no-stakes wins that pile up until the voice runs out of material. That's exactly where your roadmap starts.



Your next step: Pick the smallest tech task you've been deferring — a setting, a template, one prompt — and do just that one thing today. Then notice: you did it.

The shift: “You doubt yourself, so you hesitate, defer, or opt out.” → “You expect to figure it out, so you start and persist.”

In the field: Choose one tool you've avoided and give yourself one hour to just try it — messy is fine.

Go deeper: The AI Wins Log

- Confidence is built from mastery experiences — small, real, and written down where the inner skeptic can see them.
- Step 1 — Set a private place to log wins (back page of your workbook works).
- Step 2 — Each time tech or AI gives you anything — minutes saved, a task unstuck — log one line.
- Step 3 — At ten entries, read them out loud. Notice whose story they tell.
- At your level — Your first entry can be taking this assessment — you engaged with the thing. That's real.

Sit with this: What's a tool you once figured out before anyone showed you how?

Behavioral Engagement (Am I putting it to work?)

Experimentation (Will I try?)

Your willingness to dive in, tinker, and tolerate rough first attempts.

Your result: Building (50.0%). You'd rather be sure before you start — so you wait, watch others go first, and try fewer things than you'd like. Waiting feels safe, but it's the slowest way to learn a moving field. The fix isn't courage; it's shrinking the experiment until trying costs almost nothing. Fifteen minutes, zero stakes, delete it after if you want.

Your next step: Run one 15-minute, zero-stakes experiment this week — sandbox only, delete it after if you want. The goal is the rep, not the result.

The shift: “You wait for certainty, so you try fewer things and learn slower.” → “You try things and iterate, learning by doing.”

In the field: Run one small, low-stakes experiment this week, with no expectation it'll work.

Go deeper: The 15-Minute Experiment

- Waiting for certainty is the slowest way to learn a moving field — small bets beat big plans.
- Step 1 — Pick one tool or feature you haven't tried. Set a 15-minute timer.
- Step 2 — Give it one real (but unimportant) task from your week.
- Step 3 — When the timer ends, verdict in one line: again, adjust, or abandon.



All three are wins.

- At your level — Sandbox only, private, deletable. The rep is the goal; the result is a bonus.

Sit with this: What's a 30-minute experiment you could run this week with nothing to lose?

Value Recognition (Is it worth it?)

Whether you judge a tool by the real difference it makes to your work.

Your result: Emerging (27.8%). Right now tools get adopted on excitement — it looks impressive, everyone's talking about it, so it's in. Nothing is wrong with you; that's what a loud, fast-moving field does to a curious person. But the collection keeps growing and your Tuesday hasn't changed much. So we work from the other end: start with your week — the tasks that actually drain you — and make a tool earn its place by fixing one of them. Impact first, novelty second.

Your next step: Name the task that drains you most each week. Then ask of the newest tool you're excited about: "did it touch that?" If the honest answer is no, that's a finding, not a failure.

The shift: "You chase novelty, or dismiss tools without weighing the payoff." → "You adopt and drop tools by genuine impact, not hype."

In the field: For the next tool you consider, write the one outcome it must improve before you adopt it.

Go deeper: The Task-Value Matrix

- Tools should be judged against your actual week — not a demo of someone else's job.
- Step 1 — List your ten most repeated weekly tasks.
- Step 2 — Mark each: how much it drains you (1–5) and how much judgment it truly needs (1–5).
- Step 3 — High-drain + low-judgment tasks are your AI shortlist. Pilot one this month.
- At your level — Just name the single task you dread most each week. That's the whole exercise for now.

Sit with this: Which single task eats the most time you'd love to get back?

Calibrated Reliance (When do I trust it?)

Whether you trust AI when it's right and override it when it's wrong, scaled to the stakes.

Your result: Building (44.4%). You do the work twice. The AI drafts it, and then — just to be sure — you go back over it from scratch, even on the tasks where it has proved itself a dozen times. That comes from care, not from being behind, and care is worth keeping. But it quietly eats the hours this was supposed to give back. Calibration isn't trusting more; it's trusting on



purpose — starting where being wrong would cost you almost nothing, and letting the evidence move the dial from there.

Your next step: Sort three real tasks into three buckets — delegate to AI, draft-and-verify, keep human — and run them that way this week. That's calibration practice.

The shift: “You over-trust confident output, or refuse to rely on AI at all.” → “You verify what matters and delegate what's safe.”

In the field: On your next AI output, verify the few things that truly matter — and let the rest go.

Go deeper: The Reliance Dial

- Trust isn't on/off — it's a dial, set by the stakes of being wrong.
- Step 1 — Take three real tasks and sort them: delegate to AI, draft-and-verify, or keep human.
- Step 2 — Write your rule for each bucket (“client-facing numbers always get checked against a source”).
- Step 3 — Run the week on those settings, then adjust the dial where it pinched.
- At your level — Start with one task per bucket. Three rules. Tape them where you work.

Sit with this: Where do you trust AI too much — and where not enough?

Cognitive & Ethical Innovation (Am I creating responsible value?)

Responsible Use (Should I?)

Whether you use AI in a values-aligned, privacy-aware way that weighs impact on others.

Your result: Capable (66.7%). Your instincts on responsible use are sound — you think about privacy and people before you act, most of the time. The next edge is consistency under speed: the rushed Friday afternoon is when good instincts need a written rule to lean on.

Build on it: Write your rushed-Friday rule now, while calm: the one check you'll still make when you're out of time.

The shift: “You move on convenience alone, with little thought to impact.” → “You consider privacy, accuracy, and people before acting.”

In the field: Set one simple rule for how you'll handle client data in AI tools.

Go deeper: The Personal Guardrails Charter

- Good instincts fail under time pressure; written rules don't.
- Step 1 — Write three rules: what never goes in a prompt · what always gets verified · who I think about before sharing AI output.
- Step 2 — Tape them where you work. Ten minutes, once.



- Step 3 — When a gray case shows up, the charter decides — not the deadline.
- At your level — Stress-test it: write the rushed-Friday version you'll keep when you're out of time.

Sit with this: What client information are you comfortable — or not — putting into a tool?

Creative Application (What could I create?)

Whether you use tech to do new or better work — not just the same work faster.

Your result: Building (50.0%). So far, technology mostly helps you do the same work faster — useful, but it leaves the bigger prize unclaimed. The creative leap isn't a talent; it's a question asked regularly: "what does this make possible that wasn't before?" Even one new-value idea a month, captured and tested small, changes the trajectory of a business.

Your next step: Once this month, ask of one tool: "what does this make possible that wasn't?" Write one idea down and test the smallest version of it.

The shift: "You mostly speed up old tasks and miss the creative upside." → "You reimagine what's possible and build new value."

In the field: Ask of one tool: what could I now do that I couldn't before? Then try it.

Go deeper: The "What Could I Create?" Session

- Speed is technology's smallest gift — the bigger one is work that couldn't exist before.
- Step 1 — Block 20 minutes. Ask of one tool: "what does this make possible that wasn't before?"
- Step 2 — Capture every answer, no filtering — bad ideas are scaffolding for good ones.
- Step 3 — Pick one and build the smallest testable version within two weeks.
- At your level — Borrow first: find what someone like you built, and adapt it before inventing.

Sit with this: What could you offer that simply wasn't possible before AI?

What you know vs. what you do

The scenarios measured your judgment — what you'd do. The last nine questions measured your report of what you actually do. Comparing the two reveals the most useful number in this report: the gap between awareness and action.

Signal	Awareness	Adoption	What it means
Adaptability	44.4%	33.3%	Aligned
Learning	66.7%	66.7%	Aligned

Development use only. The EQFIT® Edge™ assessments support growth, coaching, and skill development. They are not intended for personnel decisions. | © 2026 — EQFIT® — All rights reserved.



Orientation			
Steadiness	72.2%	0.0%	Knowing–Doing gap
Confidence	38.9%	100.0%	Underclaimed strength
Experimentation	50.0%	33.3%	Knowing–Doing gap
Value Recognition	27.8%	33.3%	Aligned
Calibrated Reliance	44.4%	33.3%	Aligned
Responsible Use	66.7%	66.7%	Aligned
Creative Application	50.0%	33.3%	Knowing–Doing gap

If you see a gap — read this first

If you see a Knowing–Doing gap below, take heart: it's the most common result we see, especially for people early in their technology and AI journey. It does not mean something is wrong — it means your understanding is ahead of your habits, which is exactly the right problem to have. Awareness without action is just timing; the action part is very buildable.

Where awareness is ahead of action

- Steadiness — your roadmap below aims your first practice steps here.
- Experimentation — your roadmap below aims your first practice steps here.

Your Roadmap — sequenced for momentum

These signals aren't all worked at once. We sequence them so each step unlocks the next — your inner readiness first, then putting technology to work, then expanding. It mirrors EQFIT®'s Assess → Equip → Align → Succeed.

Start here: Confidence (Can I do this?). Choose one tool you've avoided and give yourself one hour to just try it — messy is fine.

This comes first on purpose: when anxiety or threat is high, nothing downstream sticks until it settles.

A quick win for momentum: Steadiness — you're close to the next level. Be the calm voice for peers when the next wave of hype or fear hits.

Lean on a strength: your Steadiness is a strength — aim it at your first move above.

Development use only. The EQFIT® Edge™ assessments support growth, coaching, and skill development. They are not intended for personnel decisions. | © 2026 — EQFIT® — All rights reserved.



Equip — steady your foundation · first ~30 days

- **Focus: Confidence (Can I do this?).** Choose one tool you've avoided and give yourself one hour to just try it — messy is fine.
- **Focus: Adaptability (Will I adjust?).** Pick one familiar task and deliberately do it the new way for two weeks.
- **Maintain: Learning Orientation (Can I grow?).** Aim your learning drive at one capability that would move your business most.
- **Maintain: Steadiness (Can I stay calm?).** Be the calm voice for peers when the next wave of hype or fear hits.

Align — put it to work · next ~30–60 days

- **Focus: Value Recognition (Is it worth it?).** For the next tool you consider, write the one outcome it must improve before you adopt it.
- **Focus: Calibrated Reliance (When do I trust it?).** On your next AI output, verify the few things that truly matter — and let the rest go.
- **Focus: Experimentation (Will I try?).** Run one small, low-stakes experiment this week, with no expectation it'll work.

Succeed — expand & innovate · ongoing

- **Focus: Creative Application (What could I create?).** Ask of one tool: what could I now do that I couldn't before? Then try it.
- **Maintain: Responsible Use (Should I?).** Turn your standards into simple guidelines others can follow.

Where to go from here

Your roadmap is a starting line, not a finish line. The fastest way to act on it is alongside people doing the same work. Step inside the EQFIT® community: start free, and when you're ready, the membership gives you the tools, templates, and live support to turn these signals into a system — with deeper coaching available when you want a guide for the climb.

Your first three moves

- Do your Start-Here step this week — it's sized for 15 minutes.
- Open your Workbook and write your first commitment where you'll see it.
- Bring this roadmap to your debrief — that's where it becomes a plan built around your business.