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Govern Your Own Use

A personal standard for using AI without losing the decision.

What I will not hand to AI

What AI is allowed to do in my work

My account tier, and what it does with my data

My verification rule (what I always check before I rely on it)

Who owns the output

I do. Always.

My recalibration date (when I review this standard)

Keep this somewhere you will see it before you need it.

Free to use and adapt.

Working framework. Not legal, financial, medical, or other professional advice.