

HUMAN-IN-COMMAND

AI FOLLOW-UP PROMPT CARD

Use AI for the draft. Keep the relationship yours.

BEFORE YOU PROMPT AI, CAPTURE:

- WHO - Who did you meet?
- WHERE - Where did you connect?
- CONTEXT - What did you actually talk about?
- WHAT STOOD OUT - What do you want to remember?
- COMMITMENT - Did you promise to send, introduce, share, or do something?
- NEXT MOVE - What would you like to happen next?

COPY + USE PROMPT

I met [NAME] at [EVENT]. Here are my notes: [PASTE NOTES]. What stood out: [DETAIL]. What I committed to: [COMMITMENT OR NONE]. The next step I am considering: [CALL / INTRODUCTION / RESOURCE / COFFEE / FOLLOW-UP / OTHER]. Draft a short, warm, conversational follow-up using only the context I provided. Reference something specific from our actual conversation. Do not invent details, familiarity, commitments, or shared interests. Do not make it sound like a sales pitch. Preserve my voice and intention. If there is not enough context to personalize it, tell me what is missing instead of guessing. Give me a draft for review only. I remain responsible for the final wording, judgment, and decision to send.

AI can draft the message. It cannot have the relationship for you.