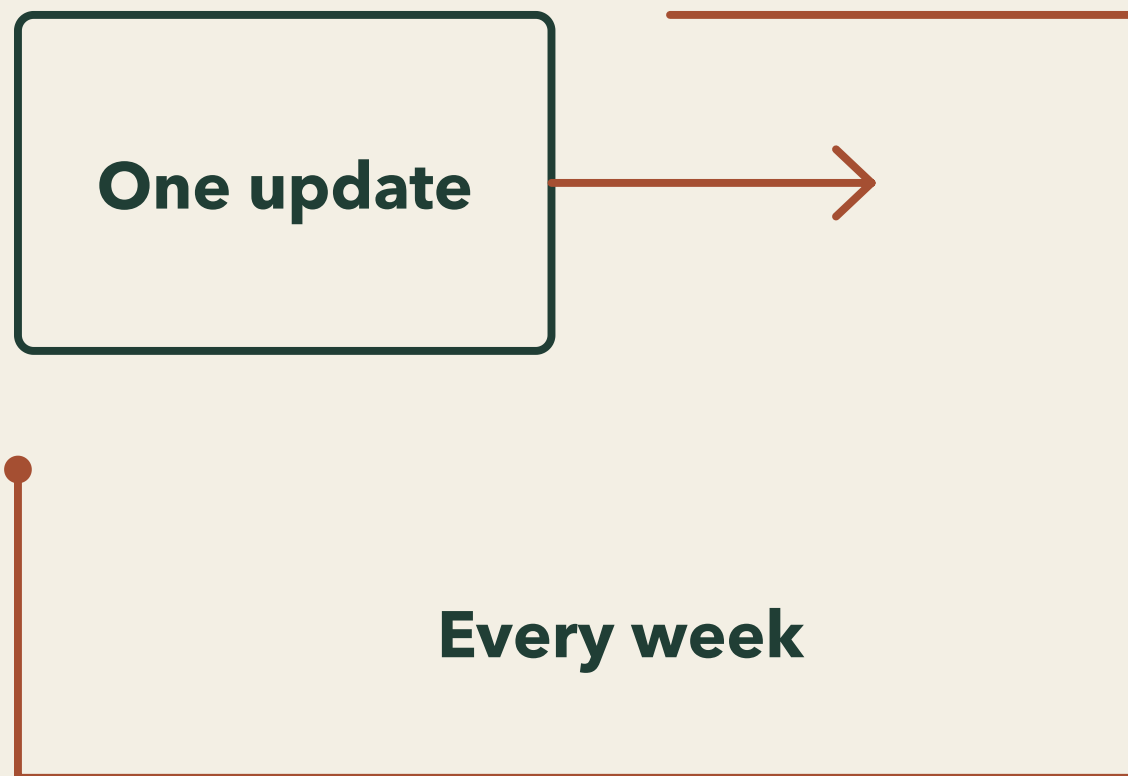


A useful extra can become routine.



**In the dashboard example, a request to repeat
creates new expectations.**

Hypothetical example • not measured results

Count against the actual plan.

Manual: 6h



AI: 1h

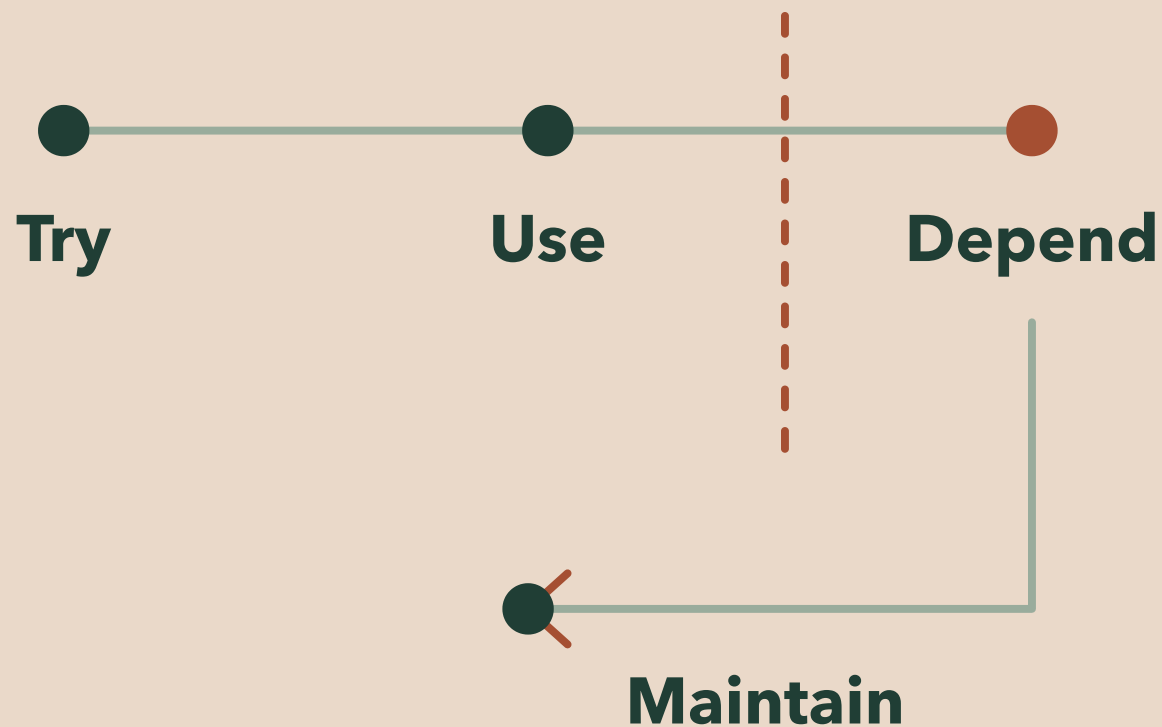


Previously: not built

Illustrative: five hours faster can still mean one extra hour worked.

Hypothetical example • not measured results

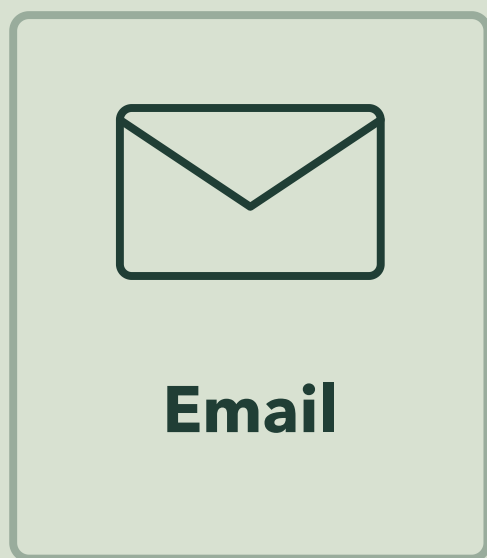
A prototype can become a promise.



When someone asks for a repeat, ask which decision needs fresh information.

Proposed decision point • not a measured outcome

A quieter evening is a gain.

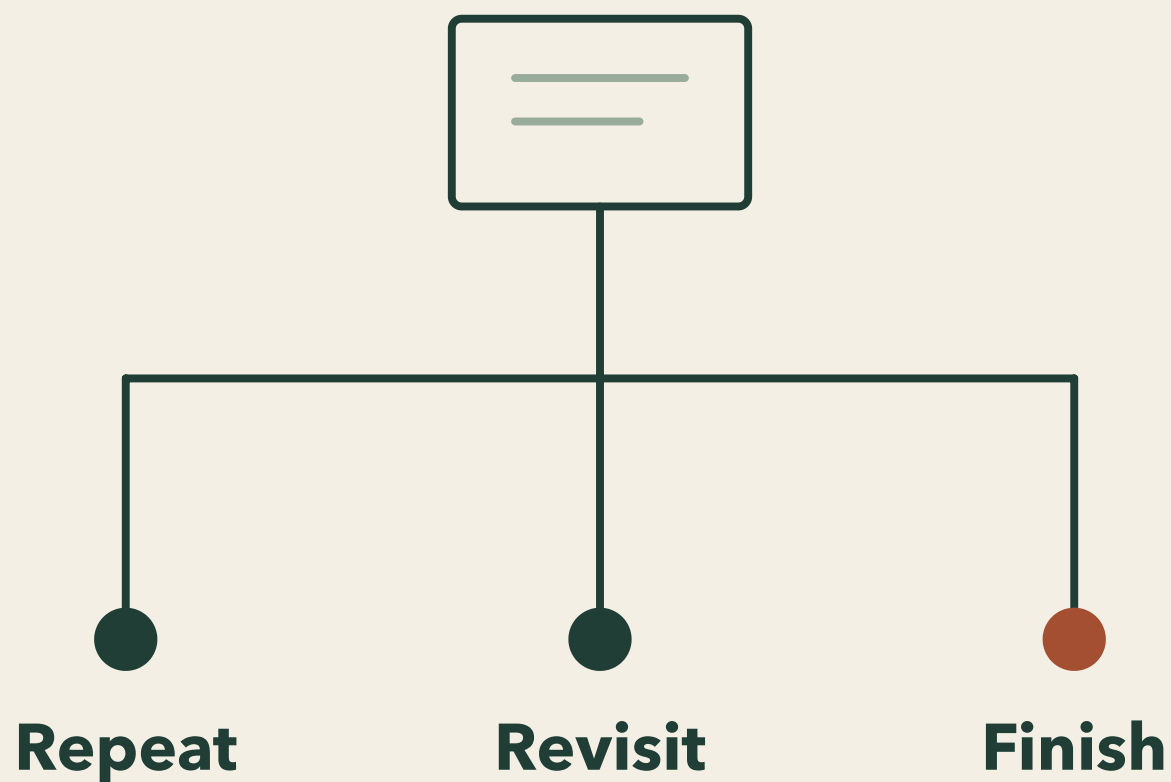


Personal time

**One workplace experiment found less email time
and less after-hours work.**

Dillon et al. • 66-firm experiment • revised Nov 2025

Does it need another week?



A tool can repay its cost through one good decision.

A planning question from the essay