



The “What We’re NOT Doing” Action Planner

Why Constraints Create Better AI Projects

Your AI project gets stronger when you declare what it won't do. Not because you can't. Because you *choose* not to. Constraints are a gift to clarity.

Fill out this action planner to identify and finalize your non-negotiables for working with AI on your next project.

Identify What You’re NOT Doing

1 Behavioral Boundaries

What the AI won't do in interactions

Example - We're NOT:	Your turn—We're NOT:
<ul style="list-style-type: none">✗ Analyzing or interpreting user responses✗ Offering unsolicited advice✗ Pushing past stated resistance <p>This protects: User autonomy and trust</p>	

2 Scope Boundaries

What features/capabilities we're excluding

Example—We're NOT:	Your turn—We're NOT:
<ul style="list-style-type: none"> ✗ Creating a diagnostic system ✗ Replacing human coaches ✗ Storing user data between sessions <p>This protects: Project focus and legal clarity</p>	

3 Technical Boundaries

What complexity we're avoiding

Example—We're NOT:	Your turn—We're NOT:
<ul style="list-style-type: none"> ✗ Building a multi-user platform ✗ Implementing progress tracking ✗ Connecting to external APIs <p>This protects: Development time and maintenance sanity</p>	

4 Emotional Boundaries

What responsibilities we're not taking

Example—We're NOT:	Your turn—We're NOT:
<p>✗ Guaranteeing specific outcomes</p> <p>✗ Replacing professional support</p> <p>✗ Creating dependency on the tool</p> <p>This protects: Healthy user relationships and realistic expectations</p>	

The Power Moves

What you can do to put your non-negotiables are the forefront of your project.

Make It Visible

Put your "NOT Doing" list in:

- Your custom instructions
- Your project brief
- Your first prompt to any AI
- Your communication to users

Use It as a Filter

When AI suggests a feature: "Does this violate our NOT doing list?" When scope creeps: "We explicitly said we're NOT doing this." When pressure builds: "This is on our NOT list for a reason."

The Beautiful Constraint Test

For each NOT on your list, ask: "Does this constraint make the project stronger or just easier?" Keep only the constraints that make it stronger.

How to Generate Your “Not Doing” List

1

The Fear Dump

Ask yourself: "What am I afraid this project might become?"

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2

The Feature Creep Audit

Ask ChatGPT: "What are 20 features someone might expect from a [your project type]?" Then make note of which ones you're NOT doing.

3

The Values Filter

Ask Claude: "If we prioritize [core value], what common features would actually work against that?" Those go on the NOT doing list.

4

The Resource Reality Check

Be honest about your current reality.

Do you have enough time?	
Do you have enough skills?	
Do you have enough support?	



“What You’re NOT Doing” Starter Kit

Fill this out before your next AI-supported project.

We are NOT trying to be:

We are NOT competing with:

We are NOT responsible for:

We are NOT building for people who:

We are NOT solving:

The Integration Prompt

Give this to Claude or ChatGPT at the start of any project:

"I'm building [project]. Here's what we're explicitly NOT doing: [paste your list]. Please help me stay within these constraints and remind me if I start to violate them. These constraints are features, not limitations."

Remember: Every “YES” costs you something. Every “NOT” frees you to do what matters.



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