

The *Proof of* Thinking Trail

Make your thinking visible — before AI, with AI, and after AI.

NAME

SUBJECT & TOPIC

DATE

01 *First Thinking*

Before any tool. What do I already think, notice, wonder, or not understand?

02 *AI Dialogue*

What did I ask AI? What was useful, partial, or wrong?

03 *Verification*

One claim I checked against an independent source. What did I find?

04 *My Position*

What do I think now, in my own words — and why?

05 *Oral Defense Notes*

Two minutes, no notes. What is my strongest reason? What is the strongest objection?