



# Atticus AI Habits Initiative

Where AI becomes second nature



## The Future Belongs to Those Who Think WITH AI

The real differentiator isn't access—it's habits. AI is expanding what professionals can be, not replacing them.



## Transform Your Mindset

The best legal professionals of the next decade will know how to think with AI, not just use it.

## From Sugar High to Sustained Excellence

Why habits matter more than tools

### ⚠ Most Training Programs Fail Because...

- × They focus on tools and agents, not mindset
- × They enable people who already use AI
- × They create one-time excitement, not lasting change
- × They teach knowledge, not behavior
- × They separate AI learning from daily work

### ✅ The Atticus Approach

**Our Core Belief:** Success isn't about tools or technology—it's about transforming mindset and building sustainable habits.

**Not an intern** → It's your cognitive partner

**Not a tool** → It's how you think

**Not automation** → It's amplification

*Wherever your mind goes, AI helps bridge you to where you want to be*

## The 6 Month Habit Formation Journey

Building lasting change through three progressive phases

### Your 6-Month to AI Habit Mastery

A structured 3-step program, moving from foundational understanding of AI to mastery and strategic implementation.



#### Foundational

Months 1-2

Building basic AI knowledge and habits

#### Advanced

Months 2-4

Integrating AI into daily workflows

#### Mastery

Months 5-6

Leading AI strategy and enablement



Weeks 1-8

## Foundation

- ✓ Daily usage becomes automatic
- ✓ Enterprise setup with proper data controls
- ✓ 15+ messages per week
- ✓ One recurring habit established



Weeks 9-16

## Integration

- ✓ AI across all daily tasks
- ✓ Multiple recurring workflows
- ✓ Process redesign begins
- ✓ Reusable prompt libraries



Weeks 17-24

## Mastery

- ✓ Enable others across organization
- ✓ Shape AI culture and literacy
- ✓ Responsible AI at scale
- ✓ Strategic influence

# Three Core AI Habits

What it means to think with AI



#1

### Push AI to the Limit

Don't accept first drafts. Ask for gaps, weaknesses, counterarguments. Have AI role-play as the judge. Ask it to critique itself from a skeptic's perspective. The more you challenge, the stronger your position.



#2

### Use Canvas for Drafting

Collaborate and write together with AI. Highlight specific sections for targeted expansion instead of regenerating everything. Human takeover only at the last mile—when structure is 70% complete.



#3

### Always Ask AI First

Before surveying the firm or pulling historical data, try AI first. Simple questions often beat complex prompts. You'll get 80% there in seconds with no data leakage risk.

# See It in Action

A Day in the Life of an AI-First Litigation Partner



6:30 AM • Home

### Deep Research While Getting Ready

Launch deep research on judges, expert witnesses, and the AI infringement landscape—receive structured reports before leaving the house.



7:45 AM • In Transit

### Iterative Brainstorming

Use voice mode to refine litigation strategy through multiple critique loops, turning vague case theories into sharp arguments.



8:30 AM • Office

### Partner Takes Over

Pull prior AI research into a new workspace, compare reports across tools, and select the most accurate analysis with human validation.



9:00 AM • Office

### Team Strategy Meeting

Lead a discussion on case strategy while AI quietly records and structures meeting notes in the background.



10:00 AM • Office

### Intelligent Triage

Run AI to cluster emails by topic and urgency, surfacing client matters and court deadlines first.



10:30 AM • Office

### Building Arguments

Use reasoning models (Pro/σ1) to extract 5-10 solid arguments from deep research reports, then push AI to identify gaps and weaknesses.



11:30 AM • Office

### Stress-Testing Arguments

Have AI role-play as the assigned judge, listing objections to your weakest arguments grounded in their rulings on similar cases.



12:15 PM • Restaurant

### Lunch: Case Strategy

Test litigation theories with senior partner, capture feedback, and refine approach for afternoon drafting session.

 <p>1:30 PM • Office</p> <h3>Email Precision</h3> <p>Turn confusing email threads into clear legal vs. non-legal requests and concise, client-friendly replies.</p>	 <p>2:30 PM • Office</p> <h3>Drafting in Canvas</h3> <p>Open Canvas mode to draft motion to dismiss, iterating with targeted prompts like 'This is too shallow—do a deeper analysis.'</p>	 <p>3:00 PM • Office</p> <h3>Targeted Expansion</h3> <p>Highlight specific sections in Canvas and ask AI to expand only that part—add legal basis for transformative use defense.</p>	 <p>3:30 PM • Office</p> <h3>Scoping &amp; Budgeting</h3> <p>Ask AI first: 'What should a \$500M acquisition cost in legal fees?' Get 80% there in seconds without proprietary data.</p>
 <p>4:00 PM • Office</p> <h3>Human Takeover at the Last Mile</h3> <p>When argument and structure are 70% complete, take over from AI and finish the draft with your voice and judgment.</p>	 <p>4:30 PM • Office</p> <h3>Citation Verification</h3> <p>Verify every case citation in Westlaw or Lexis—AI can hallucinate. Check the actual ruling matches AI's characterization.</p>	 <p>5:30 PM • Commute</p> <h3>AI Learning</h3> <p>Listen to NotebookLM summaries or AI podcasts like No Priors, Hard Fork, or Possible to stay current.</p>	 <p>Bedtime • Home</p> <h3>Research Review</h3> <p>Review the day's research outputs, refine prompts for tomorrow, and plan which deep research tasks to launch at 6:30 AM.</p>

## Litigation Safety Protocols

Critical guardrails for AI-assisted legal work

 <h3>Verify Every Citation</h3> <p>AI can hallucinate case law. Check every citation in Westlaw or Lexis before filing. Confirm the actual ruling matches AI's characterization. Remember <i>Mata v. Avianca</i> sanctions.</p>	 <h3>Change 70%+ of Output</h3> <p>As a default rule, change 70% or more of AI-generated content before filing. This addresses copyright concerns, maintains human control, and prevents skill deterioration.</p>	 <h3>Start Fresh After 10-15 Prompts</h3> <p>AI results deteriorate due to token limits. Start a new conversation after 10-15 prompts. Switch tools when you hit usage limits—Gemini to ChatGPT to Claude.</p>	 <h3>Google Search Rule</h3> <p>Anonymize and generalize case facts before using public AI tools. If you'd use Google search for it, you can use public LLM. For specific case analysis, use enterprise-licensed tools.</p>
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## Common Mistakes to Avoid

Learn from these pitfalls

 <h3>Abandon Canvas Too Early</h3> <p>Don't copy-paste to Word when the first draft disappoints. Stay in Canvas, iterate with targeted prompts. Resist the temptation to start from scratch.</p>	 <h3>Trust Citations Blindly</h3> <p>AI can hallucinate case law and citations. Verify every case in Westlaw or Lexis before filing. Check that the actual ruling matches AI's characterization.</p>	 <h3>Skip Expert Validation</h3> <p>AI output requires domain expertise to validate. The instructor's 25 years of M&amp;A experience caught what AI missed. Human judgment is non-negotiable.</p>	 <h3>Send AI Reports to Clients</h3> <p>Deep research reports are for internal use only—starting points, not final work product. Final deliverables must be concise, human-reviewed, and validated.</p>
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## Continue Your Journey

Deepen your expertise with our partner institutions

 **Stanford Law School**

### AI Strategy for Legal Leaders

 Stanford Law Executive Education Certificate

- Transform from risk manager to strategic partner
- Technical fluency: LLMs, agentic AI
- Smart governance: Privacy, IP, compliance frameworks
- Drive enablement: Lead AI adoption across teams
- Learn from industry leaders at tech giants and top law firms



[Learn More →](#)

 **Berkeley Law**

### Generative AI for the Legal Profession

 Berkeley Law Executive Education Certificate

- Master practical AI skills with interactive exercises
- Specialized modules for transactional and litigation work
- Use cases for executives and legal managers
- Quarterly live "jam sessions"
- Private Slack community for ongoing support



[Learn More →](#)

## The Atticus Method

    
Persistent Practice   Sustainable Habits   Lasting Transformation

Building strong AI habits isn't about chasing every new tool—it's about developing habits, judgment, and workflow fluency. Over time, daily practice transforms what feels like 'extra work' into second nature.

 Further Reading:

[What Does It Mean to Have AI Skills? →](#)