

AI SURVIVAL KIT

7 Strategies to Avoid
the Culling

THE WAR ROOM

AI Survival Kit

7 Strategies to Avoid the Culling

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2026

AI Survival Kit: 7 Strategies to Avoid the Culling

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For operators. Not spectators.

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AI Survival Kit: 7

Strategies to Avoid the Culling

A field manual for operators. Not a pep talk.

The culling is not coming. It is already running.

Forty percent of jobs globally are now exposed to AI-driven changes. Forty percent of employers are planning workforce reductions because of it. For workers under 30 in high-exposure roles, employment has already fallen 13%. These are not projections. This is the current state.

Most people will read that and do nothing. You will — or you wouldn't be holding this.

This kit is for operators. Not spectators.

How to Use This Kit

- Read it once, straight through. Do not highlight everything.

- Complete the Role Risk Assessment (Module 1) before anything else.
- Pick **one module** and run the 90-day plan from Module 7.
- Ship v1 of your operator stack before you finish the whole document.

Speed beats perfection. A mediocre plan executed this weekend beats a perfect plan rotting in Notion.

Module 1: The Culling Reality Check

The hard truth: The jobs at highest risk are not the ones people expect.

Current displacement data (2025–2026):

- Globally: **40% of jobs** have direct AI exposure (IMF)
- US workforce: **up to 80%** will see task-level changes by 2030
- Young workers (22–30) in high-exposure roles: **13% relative employment decline** already (Brynjolfsson analysis)
- Executives: **54% expect AI to displace jobs** at their organizations (WEF 2025)
- Employers: **40% are planning workforce reductions** tied to AI automation

The World Economic Forum projects 92 million displaced roles globally by 2030. They also project 170 million new ones. That gap only benefits you if you're building toward the new roles now — not waiting to see what survives.

The primary disruption is not job elimination. It is **task re-**

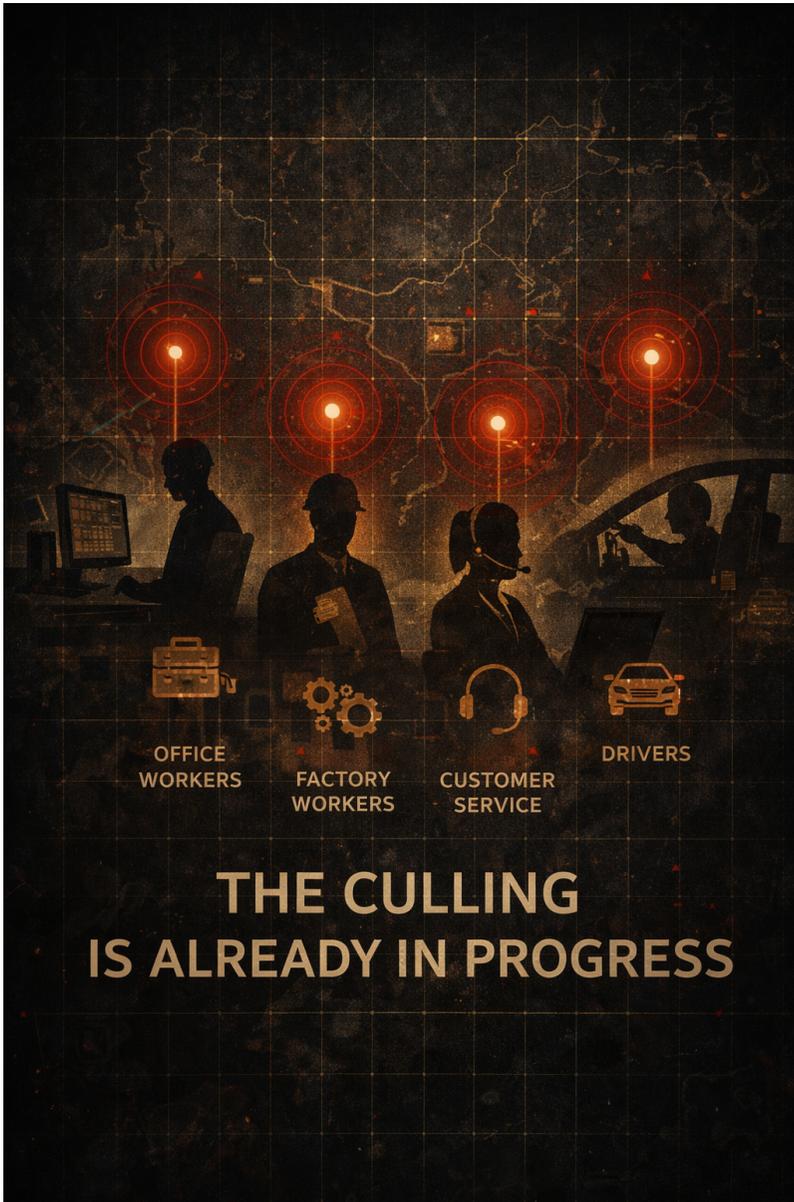


Figure 1: The Culling — Industry Risk Map

allocation. Your job title survives. Half your tasks disappear. You are expected to produce the same output with what's left — or more.

If you are not building skills that sit above task execution, you are being thinned.

The operator vs. casualty distinction:

- A **casualty** executes tasks. AI replaces tasks.
- An **operator** makes decisions, shapes direction, and leverages AI to execute faster.

Exercise: Role Risk Assessment

Score each question: **5** = low risk / **3** = moderate / **1** = high risk.

Question	Score
Primary output: judgment and decisions vs. task execution	
Role requires: deep relationships and trust vs. solo work	
Repetitive, rule-based tasks in my day: less than 20%	
Domain expertise: rare and hard to replicate vs. generic	
My network gives: unique access and deal flow vs. minimal	

Your total:

Range	Status
20–25	Strong operator position. Stay sharp.
13–19	Augmentation zone. Address gaps in 90 days.
5–12	High culling risk. Treat as urgent.

Operator Drill: 1. List every task in your current role. Mark each: Automatable / Augmented / Human-only. 2. Identify which “Human-only” tasks you are actually doing vs. avoiding. 3. Have a blunt conversation with yourself: operator trajectory or coasting?

Module 2: The 3 Skills AI Cannot Replace

The signal in the noise: 83% of business leaders agree human skills become *more* critical as AI scales. The premium shifts to what machines structurally cannot do.

The 3 non-negotiables:

1. Synthesis and Judgment

AI generates information. It cannot synthesize it into a decision that carries accountability. Judgment is making a call with incomplete data, owning the outcome, and adapting. Machines simulate this. They do not carry risk.

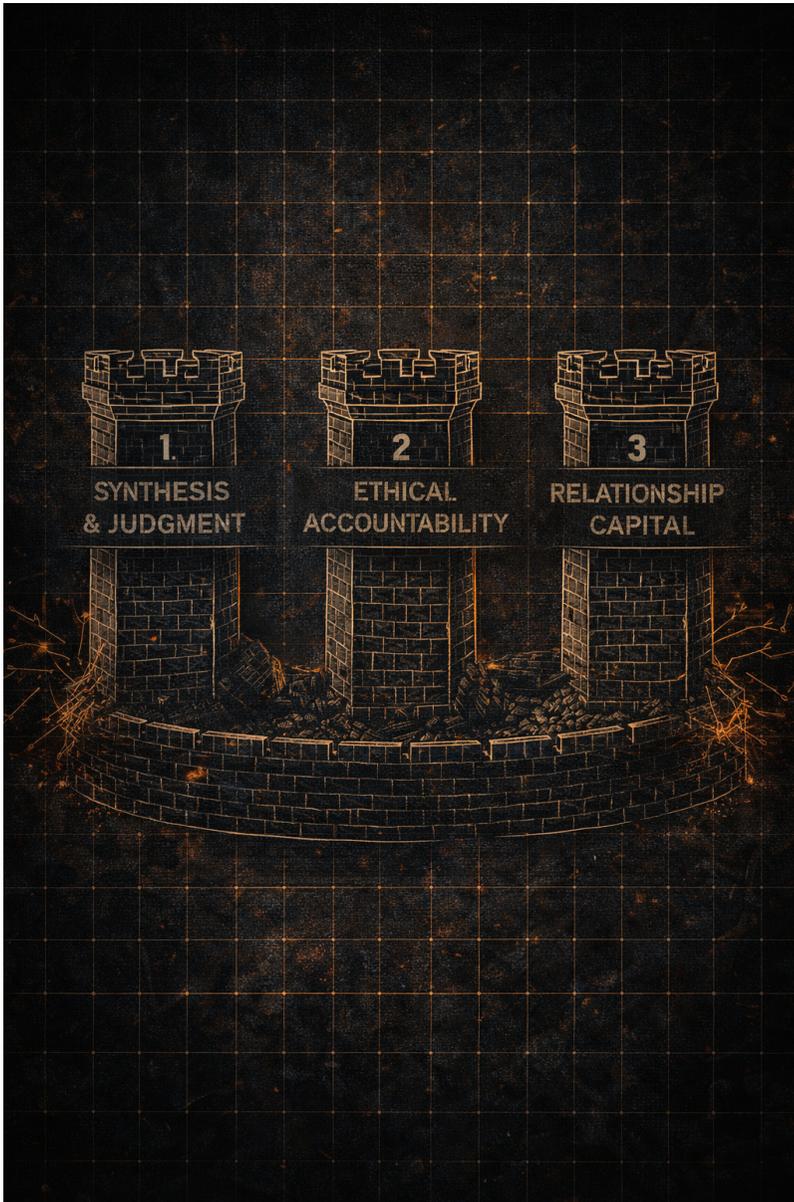


Figure 2: The 3 Irreplaceable Skills — The Human Moat

Weekly drill: Keep a decision journal. Every significant call — personal or professional — write the decision, the data you had, the uncertainty you accepted, the outcome. Review monthly. You are training a judgment muscle that compounds over time.

2. Ethical Accountability and Leadership

AI can model governance. It cannot be responsible. Organizations need people who own outcomes, navigate social tradeoffs, and are held accountable in ways a system cannot. This is why the market for Chief AI Officers and AI Governance Directors is expanding fast.

Current salary data (2025–2026): - **Chief AI Officer:** median total compensation \$485,000 — range \$320K to \$850K+ - **AI Governance and compliance roles:** average \$141K nationally - Top-tier Fortune 500 CAIO packages: exceeding **\$1 million**

These roles exist because regulations require humans in the loop. That requirement is not going away.

Weekly drill: Take one decision each week that you could delegate and handle it yourself. Document your reasoning. Present it, defend it, own it. You are building a track record — the only asset that survives platform shifts.

3. Relationship Capital and Trust Networks

AI cannot build genuine trust. It can mimic warmth. It cannot replace credibility earned through shared risk, delivered results, and years of direct engagement. The professionals who will be irreplaceable are those whose value is inseparable from the relationship.

Weekly drill: One intentional high-value outreach per week. Not

a “just checking in” email. Something specific: an introduction, a piece of intelligence relevant to their situation, a direct offer of help. Build the network before you need it.

Operator Drill — weekly, all three: 1. Decision journal entry (judgment). 2. Own one decision you could delegate (accountability). 3. One high-value outreach (relationship capital).

Module 3: The Operator Stack (Your Personal AI Strategy)

The principle: AI is your subordinate. Not your co-pilot. Not your replacement. Your subordinate. It executes. You decide.

Build your stack in 4 layers:

Layer 1 — Capture (Information intake)

- **Readwise / Readwise Reader** — consume and retain high-signal content
- **Otter.ai** — transcribe meetings, calls, voice notes automatically
- **AudioPen** — turn voice rambling into structured notes

Layer 2 — Processing (Thinking and analysis)

- **Claude** (Anthropic) — nuanced writing, complex reasoning, long documents
- **ChatGPT (GPT-4o)** — versatile, fast, broad
- **Perplexity** — research with live citations; eliminates the Wikipedia rabbit hole

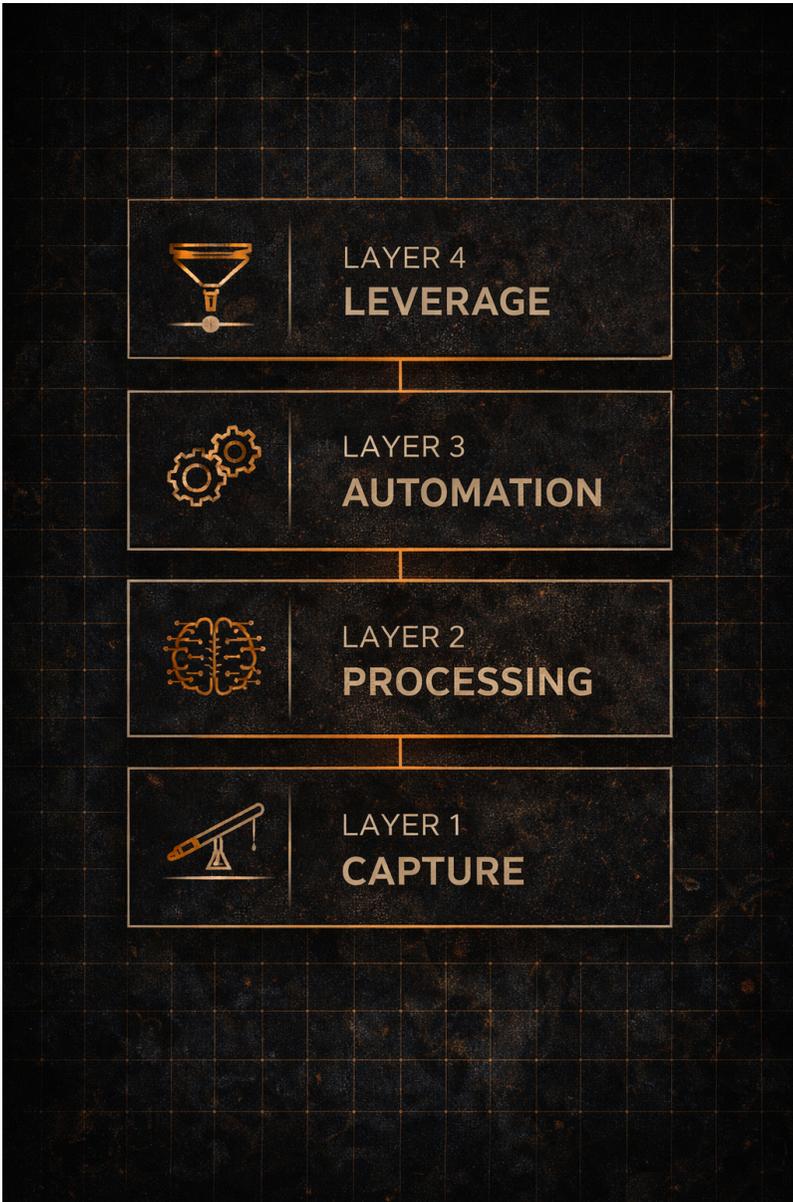


Figure 3: The Operator Stack — 4 Layers

Layer 3 — Automation (Grunt work elimination)

- **Zapier or Make** — automate repetitive workflows between tools; no code required
- **n8n** — open-source option for control without SaaS dependency

Layer 4 — Leverage (Build assets and systems)

- **Notion** — documentation, databases, AI writing in one workspace
- **Beehiiv or Kit (ConvertKit)** — owned email audience; your real leverage asset

Rules of engagement:

- You do NOT ask AI what to do. You tell it what to execute.
- Review every AI output before it leaves your hands. You own the result.
- Audit your stack every 90 days. Remove what you're not using. Add nothing without a clear job to do.

My Operator Stack Template:

Job to be done	Tool	My rule
Research / intelligence	Perplexity	Sources required; verify every claim I use
Long-form writing and editing	Claude	I draft the structure; AI refines the language

Job to be done	Tool	My rule
Repetitive workflow	Zapier	If I do it 3+ times, it gets automated
Audience ownership	Email list	Everything points here; no platform dependency
Meeting capture	Otter.ai	Auto-transcribe all recorded calls

Fill this out for your situation. If you cannot articulate the job-to-be-done, do not buy the tool.

Operator Drill: 1. Fill out the Operator Stack Template above. Every row must have a clear job-to-be-done. 2. Set up your Layer 1 and Layer 2 tools this weekend. 3. Audit in 90 days: remove anything you haven't used in 30 days.

Module 4: Anti-Manipulation Protocol

The battlefield you don't see: AI-generated content has exploded. As of early 2026, approximately 90% of newly indexed web content involves AI in its creation. Seventeen percent of all online content was AI-generated in 2025 — and that number is accelerating. Ninety-four percent of marketers plan to use AI



Figure 4: Information Warfare — The Contaminated Signal Environment

for content creation in 2026.

Your attention is the resource being harvested. Your beliefs are the battlefield.

When AI models are trained on this content, they inherit its biases, errors, and deliberate distortions at scale. Every chatbot query runs through that contaminated substrate. You are not just consuming media — you are consuming AI trained on adversarial data.

This is not paranoia. This is the operating environment.

The 3-question filter (apply before acting on any information):

1. **Who benefits if I believe this?** Follow the incentive structure. Every piece of content was created by someone for a reason.
2. **What's missing?** The gap between what was said and what was left out is where the manipulation lives.
3. **What would the opposing case be?** If you cannot steelman the opposite position, you do not understand the issue — you have been positioned.

Operator Drill — daily:

1. **News diet:** Two primary sources maximum. One from an opposing worldview. Read headlines, not algorithms.
2. **Attention guardrail:** No phone in the first 60 minutes of your day. Program your own priorities.
3. **AI output scrutiny:** Verify the source of any AI-generated claim before you use it.
4. **Signal filter:** Ask of every input: “Does engaging with this move a real objective forward?” If no, cut it.

Module 5: Building an AI-Proof Skill Portfolio

The framework: Build skills that are rare, valuable, and AI-amplified — not AI-replaced.

Three tests a skill must pass:

1. **Rare:** Most people won't invest the time or discomfort to develop it.
2. **Valuable:** Someone with resources will pay a premium for it.
3. **AI-amplified:** The skill becomes *more* powerful with AI as a tool — not obsolete because of it.

The fusion principle: The market is crowded at the generic level and thin at the specific. Generic skills — communication, leadership, collaboration — are oversupplied and underpaid. Specialized capabilities — systems design, public negotiation, AI governance, digital architecture — are undersupplied and command premiums.

Build fusion skills: domain expertise + AI collaboration + judgment.

5 example operator paths:

Path	Skills	AI edge
Strategist	Systems thinking, scenario planning	Research + modeling; you own the call

Path	Skills	AI edge
Deal-maker	Negotiation, relationships, contracts	Due diligence + documentation
Systems builder	Workflow design, automation	Executes the workflows you architect
Community leader	Trust, curation, culture	Can't replicate earned authority
AI Governance Director	Ethics, compliance, org politics	\$141K–\$485K+; what AI can't be

Operator Drill: 1. Pick one path from the table above. One path. Not five. 2. Identify the 3 most critical skills for that path. Audit your current level honestly. 3. Start one focused skill-building activity per day, 30–60 minutes. One book, one mentor, one project. 4. By day 60, apply publicly. Write about it. Build something. Teach it. Visibility creates accountability.

For the full 90-day execution framework, see Module 7.

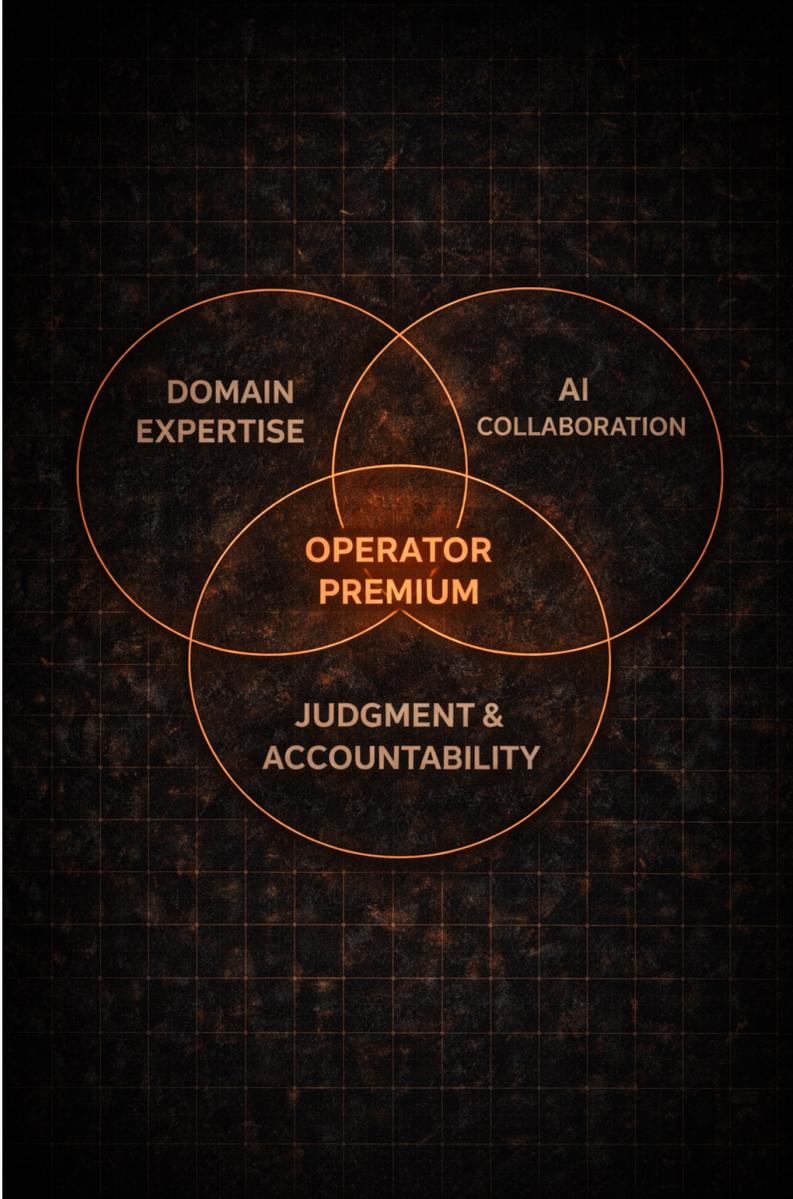


Figure 5: The Fusion Skill Triangle — Where Operator Premium Lives

Module 6: Empire, Not Resume

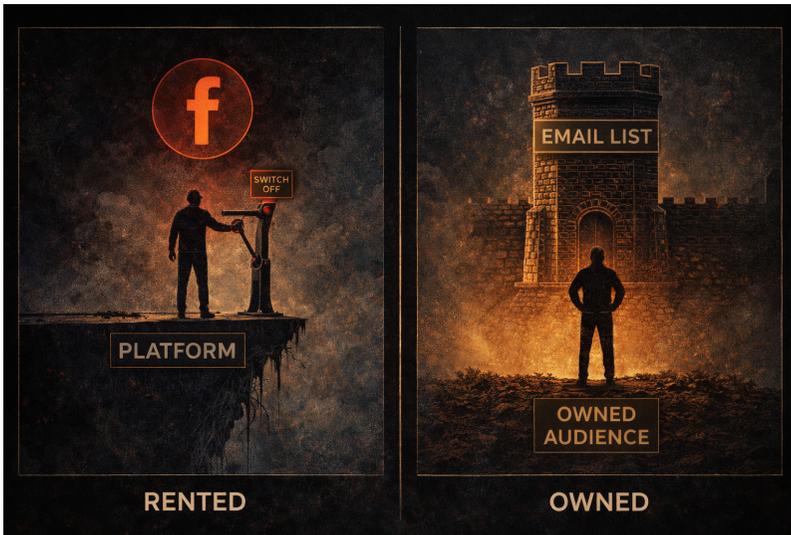


Figure 6: Owned vs. Rented — The Empire Distinction

The shift: A resume is permission to work. An empire is leverage you own.

Platform loyalty is dead. Instagram reach collapses without warning. TikTok faces regional bans. YouTube demonetizes without notice. If you don't own the audience, the platform does — and platforms act in their own interest, not yours.

The math that matters:

4,000 owned email subscribers are worth more than 100,000 passive followers.

Creators building \$100K+ monthly revenue often have fewer than 3,000 followers. The difference is not talent. It is **owned leverage**: products, memberships, educational frameworks that survive platform changes.

Three pillars of the empire:

1. **Audience** — something you own, not rent. Email list minimum. Discord or community layer if you have the volume.
2. **Assets** — content, frameworks, tools, products that generate value without requiring your direct time.
3. **Automation** — systems that run the repeatable processes so your time stays at operator level.

The War Room micro-funnel:

YouTube video → CTA to email list / free resource

Email list → The War Room community or Academy

Academy → premium access, direct access, accountability

Every video is the top of a funnel. If you're producing content without a downstream path to owned audience or paid offer, you are building someone else's platform.

Operator Drill — weekly, 30 minutes: 1. Monday: One piece of content that points to your owned asset. 2. Wednesday: Engage directly with 5–10 people in your community. 3. Friday: Review the funnel. What converted? What didn't? What changes?

Run this for 90 days before adding complexity.

Field Report: How I Became an Operator in 18 Months

This is not theory. This is what happened.

Before AI — Trapped Technician

I was a system and cloud engineer. Good at keeping infrastructure alive. Not building anything new on top of it.

I had zero coding skills. Not “rusty” — zero. I hated CMD. I hated looking at config files. Every time I opened a script, I felt like I had missed the developer train ten years ago and there was no catching up. I knew I was smart enough. I just could not get past the wall.

So I stayed in my lane. Maintained systems. Managed environments. Did the work that kept things running. And watched developers build the things that actually mattered.

The Switch — AI as a Force Multiplier

In 2024, I started using AI coding tools. Not because I suddenly wanted to code. Because I was curious whether this thing could explain files I had been avoiding for years.

It could.

For the first time, I could point at a script and ask: “What does this do, line by line?” And get an answer I actually understood. Then I started asking: “How would I build something like this from scratch?” And it would scaffold a structure I could follow.

I want to be clear about what happened next. AI did not make me a developer. It made me *willing to suffer the learning curve*. The difference is everything. I still had to read, fail, debug, rewrite, and push through sessions where nothing worked. But AI removed the thing that had stopped me for a decade: the feeling that I was too far behind to start.

I used it to: - Read and explain existing code I had never understood. - Turn vague ideas into small working scripts. - Debug

and refactor code I barely grasped at first. - Ask “why” a hundred times a day without feeling stupid.

From Experiments to Real Platforms

Late 2024: Broken prototypes. Tools that half-worked. Scripts that crashed. I failed more in six months than I had in the previous five years — because I was actually building things instead of maintaining someone else’s work.

Mid-2025: Launched several platforms on Vercel. Real applications, not tutorials. Then moved to AWS and started building a full microservices stack — APIs, databases, auth, deployment pipelines. The kind of architecture I used to watch other people design.

End of 2025: Launched MVP demos for high-end industrial clients. Not startups. Not tech people. Industrial operators who needed real solutions built for their specific problems. Those demos did not get compliments. They got signed contracts.

Where it stands now: A full microservices platform running on AWS, architected to scale across multiple clouds — Azure, Google, whatever the client needs. I went from a normal system engineer who could not read a config file without flinching to a full-stack solution architect and developer. I design the systems. I build them. I deploy them. I own them.

Eighteen months earlier, I could not read a Python file without getting a headache.

What This Means for You

I am not a unicorn. I had no coding background. No CS degree. No bootcamp. Just an IT career, a laptop, and an AI tool that

was willing to explain things as many times as I needed.

The difference between where I was and where I am: - I treated AI as a subordinate, not a toy. I did not ask it to “do my work.” I asked it to teach me while I did the work myself. - I forced myself to ship MVPs in public — to real clients, not just to my own screen. - I accepted that failure was the curriculum, not the obstacle.

Operator Drill: 1. Pick one skill you currently hate but know would change your trajectory — coding, sales, design, whatever your wall is. 2. Use AI daily for 30 days to explain, scaffold, and debug. Not to do it for you. To make you willing to learn. 3. Commit to shipping one tiny real project to a real person or client within 90 days.

If a guy who hated CMD can build cross-cloud platforms in 18 months, you have no excuse.

Module 7: The 90-Day AI Survival Plan

This is not aspirational. This is operational.

Weeks 1–4: Triage and Clarity

- Complete the Role Risk Assessment (Module 1 exercise).
- Build your Operator Stack (Module 3 template). Set it up, actually use it for 2 weeks.
- Install the 3-question information filter (Module 4). Practice it on every major piece of news.
- Decide which of the 5 operator paths (Module 5) is your direction. One path. Not five.

Weeks 5–8: Build



Figure 7: The 90-Day Survival Campaign — Operational Timeline

- One focused skill-building activity per day on your chosen path.
- Start one owned audience asset: email list, community, or newsletter. Even 12 subscribers counts.
- Identify one piece of leverage you can create: a framework, a template, a short guide, a process. Build it.

Weeks 9–12: Ship

- Publish the leverage asset. Call it v1. It does not need to be finished.
- Run one direct offer to your audience, however small. Even free. Close the loop.
- Review what worked, what failed, what you avoided. Write it down. That document becomes your v2 plan.

The constraint: At the end of 90 days, you either have an operator stack, a skill path in motion, and one shipped asset —

or you don't. There is no version of this where more research helps.

One-page checklist:

Week 1–4 — Triage - [] Complete Role Risk Assessment - [] Build Operator Stack template - [] Install 3-question information filter - [] Choose one operator path

Week 5–8 — Build - [] Daily skill-building (30–60 min) started - [] Owned audience asset created - [] One leverage asset drafted

Week 9–12 — Ship - [] Leverage asset published (v1) - [] Direct offer made to audience - [] 90-day review written

Post-90-Day: Ongoing Intelligence

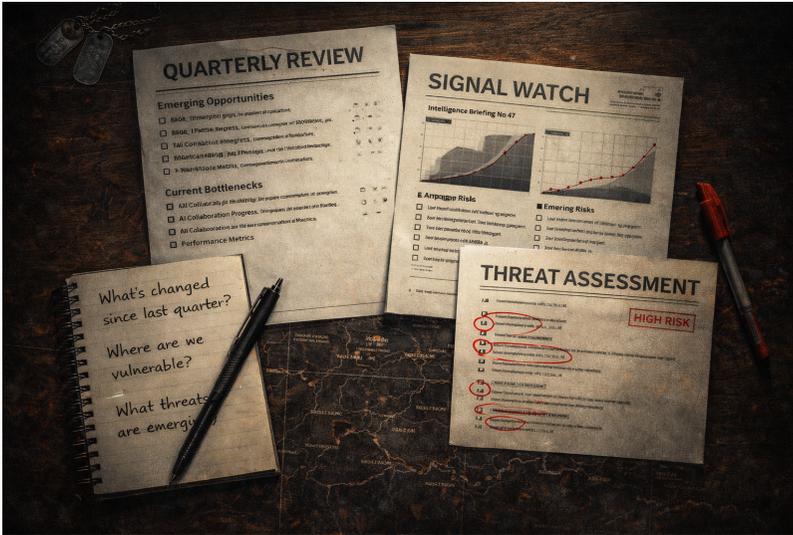


Figure 8: Quarterly Intelligence Review — Operator Situational Awareness

The 90-day plan is the sprint. This is the maintenance protocol.

The landscape shifts fast. The operators who survive see the next wave before it hits. After your first 90-day cycle, run this quarterly review to stay ahead.

Watch these signals:

- **Task-level automation:** Pay attention to which *tasks* inside your role are being automated, not whether your job title disappears. The culling is gradual and task-by-task.
- **AI literacy as baseline:** Within 24 months, working effectively with AI tools will be the floor — not a differentiator. Build it now while it’s still an edge.
- **Regulatory pressure as opportunity:** AI governance and accountability roles are multiplying. The people who understand both the technology and the human judgment layer will command premiums.

Operator Drill — quarterly, 30 minutes:

Every 90 days, answer these 4 questions in writing: 1. Which tasks in my current role are more automated than 90 days ago? 2. Which skills I’m building have appreciated in value — and which have depreciated? 3. Am I more or less dependent on platforms I don’t control? 4. What is one uncomfortable truth I’ve been avoiding?

Re-score the Role Risk Assessment (Module 1). Compare to your previous score. Adjust your plan accordingly.



Figure 9: Operator Command Interface

Tactical Assets

Operator Prompt Cheat Sheet

Research and intelligence: > “You are a research analyst. Give me a structured intelligence brief on [topic]. Include: key facts, conflicting perspectives, what the mainstream narrative is missing, and 3 questions I should be asking. Cite sources where possible.”

Decision analysis: > “I’m deciding between [option A] and [option B]. For each: list the strongest case for it, the strongest case against it, what I’d need to believe for it to be right, and what I’m most likely overlooking. Don’t give me a recommendation — give me a better frame.”

Scenario planning: > “Walk me through 3 scenarios for [situation]: best case, worst case, most likely. For each: what would have to be true, what are the early signals, and what would I

do differently if I knew which scenario was unfolding.”

Negotiation prep: > “I’m entering a negotiation with [party] over [issue]. Give me: their likely interests beneath their stated position, 3 concessions I could make that cost me little but matter to them, 3 concessions I should ask for that cost them little but matter to me, and the most likely breakdown point.”

Content creation: > “I’m writing [content type] for [audience]. My core argument is [argument]. Draft an opening that leads with the hard truth, not the context. Make it direct. No throat-clearing.”

Risk Assessment Worksheet

See Module 1 for the full Role Risk Assessment. Re-score every 90 days as part of your quarterly intelligence review.

Tool Quick Reference

See Module 3 for the full Operator Stack with rules of engagement. Summary by function:

- **Capture:** Readwise, Otter.ai, AudioPen
 - **Processing:** Claude, ChatGPT, Perplexity
 - **Automation:** Zapier, Make, n8n
 - **Leverage:** Notion, Beehiiv / Kit, Loom
-

How This Connects to The War Room Academy

Each module above is the map. The Academy is the execution layer.

The honest question at the end of every module: do I know what to do, or do I know what to do *and* have the accountability, templates, and community to actually execute?

Most people know. Few execute.

The Academy closes that gap: - Templates for every framework in this kit - Live labs where you apply this in real time - Community of operators working the same problems - Weekly guidance as the landscape shifts

The path: - Step 1: Complete this kit within 48 hours of receiving it. - Step 2: Run the 90-day plan. Ship something. - Step 3: Join the Academy when you want weekly execution support, not more information.

Enter The War Room:

- **Website:** warroom.assista.plus
- **YouTube:** [@twr-futurewisdom](https://www.youtube.com/@twr-futurewisdom)
- **Facebook:** [twrfuturewisdom](https://www.facebook.com/twrfuturewisdom)
- **TikTok:** [@twr_futurewisdom](https://www.tiktok.com/@twr_futurewisdom)

Your Assignment

Before you overthink:

1. Score your risk using the worksheet. Do it now, not later.
2. Choose your operator path from Module 5. One path.

3. Build your Operator Stack. Set up the tools this weekend.
4. Draft the one-page 90-day plan with your specific commitments.
5. Ship one thing in the next 14 days. A piece of content, a framework, a v1 of anything.



Figure 10: The War Room — The Operator Makes the Call

You don't need a perfect plan.

You need to be in motion while everyone else is still deciding whether the threat is real.

The culling is not coming. It's here.

Operate accordingly.

AI Survival Kit — The War Room | Version 2.1 | Updated February 2026 For operators. Not spectators.

A person in a dark hoodie stands with their back to the camera in a dark, atmospheric room. The floor is covered with several maps, and several lit candles are scattered around, casting a warm, flickering light. The overall mood is mysterious and urgent.

THE WAR ROOM
AI Survival Kit

7 Strategies to Avoid the Culling

The culling is already in progress.

Forty percent of jobs globally are exposed to AI-driven disruption — now, not in five years. The divide is not between those who use AI and those who don't. It is between operators and casualties.

This field manual gives you 7 strategies, a personal AI stack, and a 90-day plan — built for professionals who want to run the machine, not be replaced by it.

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