THINK OUT LOUD

TALK IT FORWARD

Creating with AI in real time.
A method for thinking out loud with AI by voice.

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THE IDEA

- You don't need a perfect prompt. Start messy, keep steering, and land it at the end.
- What made it productive wasn't precision. It was momentum.
- It's a live loop where uncertainty becomes fuel.
- You keep the judgment and the decisions. The AI helps you think out loud.

> **Talk it forward, then land it.**

HOW PEOPLE USE IT

"I didn't know what to do, so I talked it forward."

NEW TO WORKING WITH AI?

Start with the companion guide, **Your Personal AI Partner**. It shows how to build the relationship. This guide shows what to do in a single conversation.

WHY VOICE, AND WHEN NOT

- Voice isn't automatically better than typing. But it makes it cheaper to get an idea into the conversation.
- Typing pushes you to organize a thought before you send it. Talking lets you say it while it's still forming.
- Voice is also slower, on purpose. You get to hear yourself think, sometimes literally as you walk.
- It makes you listen to every question and draft the AI gives you, instead of skimming it and hitting okay.
- **Easy to get an idea in. Harder to wave one through.**
- The tradeoff: Spoken conversations can wander, repeat themselves, or produce more ideas than you can pursue. That's what The Landing is for.
- Switch to typing for careful analysis, fact-checking, or long production work.

PART I — THE SIX MOVES

1
Say it messy

Voice the half-formed thought before it's ready.

In the conversation: "This might be a totally silly idea" became a specific $250 bet.

2
Build on it

Treat what the AI hands back as a stepping stone, not an answer.

In the conversation: A 4×6 AI tip card grew into a 52-card deck.

3
Push back

Say what feels off. Objections are creative input.

In the conversation: "Business" on a T-shirt sounded like an ad, which led to "I bet $250 I can WOW you."

4
Follow the spark

Take the interesting detour instead of clinging to the outline.

In the conversation: Noticing how good the conversation felt led to Talk It Forward itself.

5
Shift levels

Move between tactics, business model, experience, and principles.

In the conversation: It moved from T-shirt to pricing to deck.

6
Capture the value

Ask for consolidation. Pull out decisions, possibilities, and what to test.

In the conversation: I asked for everything to be pulled into one brief, more than once.

> These aren't rigid stages. Make them in any order, and repeat whichever one moves the conversation forward.

PART II — THE LANDING

How every session closes

Say: **"Let's land this."** Then ask for these four, in order.



1. **Harvest**
   "What are the three to five strongest ideas or decisions so far?"

   Separate what you decided from what is only possible.

2. **Reflect**
   "What happened in this conversation that made it productive or unproductive? Quote specific moments: two things I did that helped, one thing I could do differently, and one thing you did that didn't help. Don't flatter me."

3. **Choose**
   "Based on that, what's one next move that fits my energy and constraints?"

4. **Preserve**
   Save the real document and check the link. A memory summary is not a save.

> **Make it a habit:** Save each reflection as a note. Over time it becomes your personal collaboration playbook.
>
> **Why it matters:** You can explore freely because you know there's a way to land the conversation without losing the good stuff.

THE TWO PROMPTS

Say or paste these. They work in any AI app with a voice mode.

Shortcut: If your AI has the Talk It Forward skill, just say "Let's talk this out."

BEFORE YOU START: THE OPENING PROMPT

> I'm going to think out loud about something. Don't worry about getting to an answer immediately. Help me explore it, challenge weak ideas, and notice interesting possibilities. I'll tell you what resonates and what doesn't.

WHEN YOU'RE DONE: THE LANDING PROMPT

> Let's land this. Do these four things, in order.
>
> • **Harvest:** What are the three to five strongest ideas or decisions so far? Separate what I decided from what is only possible.
>
> • **Reflect:** What happened in this conversation that made it productive or unproductive? Quote specific moments: two things I did that helped, one thing I could do differently, and one thing you did that didn't help. Don't flatter me.
>
> • **Choose:** Based on that, what's one next move that fits my energy and constraints?
>
> • **Preserve:** Tell me what needs to be saved. If you can save it to a real document, do it and give me the link. If you can't, say so. A memory summary is not a save.

THE AGREEMENT TRAP

- AI is agreeable. It will build on almost any idea and give you more possibilities than anyone should pursue.
- So the habit that matters most isn't a prompt. It's correcting the AI.
- Ask these when the energy dips, or just before an idea turns into a decision:
  - "What's weak about this?"
  - "What would change your mind?"
  - "What am I missing?"
- Verify high-stakes facts yourself before you act on them.
- **Creative momentum is valuable. It isn't proof.**

PART III — TRY IT

A 15-minute session

1. Pick an idea you're stuck on.
2. Say the opening prompt, then talk it forward for 15 minutes.
3. Don't wait to phrase it well. Interrupt. Disagree. Ask for consolidation.
4. Close with the Landing prompt.
5. Afterward, name what changed. That's the learning, not the transcript.

Three habits worth stealing

> **Ask "Anything else?" before you leave.** Most people walk away without asking.
>
> **Ask the AI to double-check its work one more time.**
>
> **For anything important, get a second opinion.** Run the result through a second AI, set to its most careful thinking mode.

CASE STUDY

The conversation that became this guide

I was in a voice conversation with ChatGPT about a business idea. One business offer turned into an entire product line. Then I noticed something else.

ME

> *"Like I'm just so excited doing work with audio chatting. It's been so much fun. It's so productive and I'm creating a guide to that. So I'm wondering about like taking this very conversation as part of that."*

→ **Follow the spark.** I left the business topic to chase what felt more interesting: The conversation itself.

→ **Say it messy.** "Like." "So I'm wondering about like." The idea arrived halfway through the sentence.

ME

> *"...even take like a snippet of the conversation, maybe literally even and pointing arrows like saying, see, this is where I did this."*

→ **Shift levels.** I moved from making the product to looking at how we were making it. You're reading the arrows I asked for.

THE AI

It named the patterns it saw and added a warning I hadn't asked for: AI can be overly agreeable, and the habit to teach is correcting it.

→ **Build on it.** That warning became the caution in this guide.

ME

> *"Yeah, I like that. Um, can you put this as a separate piece together in terms of the audio collaboration work? Um, it could probably use a... like a snappy title for what this process is that's like cool that could maybe even spread."*

→ **Capture the value.** I asked for it to be pulled out into its own piece, and for a name.

THE AI

> *"I'd give it a title like 'Talk It Forward: Creating With AI in Real Time.'"*

EARLIER IN THE SAME CONVERSATION

The $250 bet (Say it messy): A half-formed idea about helping businesses create WOW became a specific offer: Pay the owner $250 up front.

The card deck (Build on it): A 4×6 AI tip card grew into a 52-card deck.

The T-shirt (Push back): Two objections in a row turned a line that read like an ad into "I bet $250 I can WOW you."

The Fast Pass (Push back): A question about referrals turned the application from an obstacle into a reward for people a client sends.