



◆ AI Stack Audit Checklist

Cut the noise. Keep what earns its place. Based on the 3-Tool Rule and F.A.K.E. Framework.

Why this checklist exists: BCG research (2026) found that workers using 4+ AI tools simultaneously experienced a measurable productivity drop, while those using 1-3 tools reported real gains. This checklist walks you through a structured audit of your current AI stack using the F.A.K.E. Framework so you can cut what drains you and keep what serves you.

① INVENTORY: List Every AI Tool You Use

Include paid, free, browser extensions, and tools you are 'just testing.' If it uses AI and you touched it in the last 30 days, it goes on the list.

#	Tool Name	What I Use It For	\$\$\$ /mo	Hrs/wk
1.				
2.				
3.				
4.				
5.				
6.				

Totals: Tools: ____ | Monthly cost: \$\$\$ ____ | Weekly hours managing AI: ____ hrs



② FILTER: Run Each Tool Through F.A.K.E.

For each tool in your inventory, answer these four questions honestly. Mark Pass or Fail for each.

Filter	Question to Ask	Red Flag (Fail)
F - Focus	Does this tool directly serve my #1 priority this week?	"It's useful for random stuff" = Fail
A - Alignment	Does it move me toward my North Star goals?	"Someone recommended it" = Fail
K - Knowledge	Can I evaluate the quality of its output?	"I trust it's probably right" = Fail
E - Energy	Does using this tool give me energy or drain it?	"It's fine, just takes setup" = Fail

THE RULE: If a tool fails 2 or more filters → **DELETE IT**. Not "pause." Not "revisit next month." Delete it. Cancel the subscription. Remove the bookmark.

③ SCORE: The Audit Grid

Transfer each tool from your inventory. Circle P (Pass) or F (Fail) for each filter. Count fails. Decide.

AI Tool	F	A	K	E	Fails	Verdict
	P / F	P / F	P / F	P / F	_ / 4	Keep ▾
	P / F	P / F	P / F	P / F	_ / 4	Cut ▾
	P / F	P / F	P / F	P / F	_ / 4	Keep ▾
	P / F	P / F	P / F	P / F	_ / 4	Keep ▾
	P / F	P / F	P / F	P / F	_ / 4	Cut ▾
	P / F	P / F	P / F	P / F	_ / 4	Cut ▾



④ ACT: Your 30-Day Commitment

- Delete today:** Cancel subscriptions and remove bookmarks for every tool marked 'Cut.'
- Final stack:** Write your surviving tools here: 1. _____ 2. _____ 3. _____
- 30-day freeze:** No new AI tools for 30 days. Zero. If the urge hits, ask: 'What would I remove to make room?'
- Weekly review:** Every Friday, spend 5 minutes asking: 'Did each tool earn its place this week?'
- Energy check:** At the end of 30 days, answer honestly: 'Do I finish the week feeling like myself?'

◆ Quick Reference: Keep vs. Cut Signals

✓ KEEP Signals	✗ CUT Signals
<ul style="list-style-type: none"> ● Directly serves your #1 weekly priority ● Output quality you can verify yourself ● Saves more energy than it costs to manage ● Would genuinely miss it if it disappeared ● Replaces a task, not just automates busywork 	<ul style="list-style-type: none"> ● "Useful for random stuff" but no clear role ● Requires more setup/review than the task itself ● You subscribed because of FOMO, not need ● Blurs your voice, judgment, or decision-making ● Creates decisions instead of removing them

"The disciplined pursuit of less." — Greg McKeown, Essentialism

Want the full system?

This checklist is step one.

The complete TSP Method, including the F.A.K.E. Framework, Flow-First weekly rhythm, and energy management system, is available inside the [Productivity Nirvana Community and Online Course](#).