

## The Impact of AI – Minutes given back to Humanity.

A few weeks ago, I caught myself doing something I didn't expect.

I had just used AI to finish a piece of work that would have normally taken me the better part of an afternoon. It was clean, structured, and done in minutes. No friction. No delay.

And then I paused.



For years, we've been conditioned to think of time gains in one way: reinvest them. If something takes less time, we fill the space. Another task. Another email. Another meeting. We don't question it, we just move.

But AI isn't just changing how we work. It's starting to change how much time work actually takes.

We're entering a phase where AI becomes something we stop noticing, like electricity or the internet. Always there. Always working. Always improving.

If history is any indication, we'll simply absorb the time. We'll raise expectations, increase output, and compress timelines. The system will expand to consume the gain, just like it always has.

And if that happens, we won't feel like we've gained anything at all.

So, let's be honest about what this is and what it isn't. No one is going to label the time we saved in these moments as "surplus time" and I'm not naive enough to believe we'll consistently turn every unexpected minute into something meaningful. We're human. Over time, we'll do what we've always done—we'll stop noticing the time we've gained and quietly fill it back up with the things we think we need to do.

But what if we approached this differently?

What if, instead of immediately filling the space, we recognized it?

What if that extra time became a moment of intention instead of reaction?

If we pause, and make a conscious decision, we have the opportunity to define those minutes differently. We can choose to give them back in a way that creates real impact. And when that happens, the conversation shifts. It's no longer about what the technology can do, it's about what we choose to do in response to it.

It could be as simple as checking in on someone you've been meaning to call. Sitting in a conversation without looking for the exit. Thinking through something that actually matters, without rushing to the answer.

That moment I experienced, that small, unexpected gap in the day, was easy to overlook. It would have been just as easy to fill it and move on.

AI is giving us time. Quietly. Gradually. Almost invisibly.

The question is whether we'll notice it.

And more importantly, whether we'll choose to use it differently this time.

When was the last time you had unexpected time in your day, and actually noticed it?

When you do finally notice, take a moment. This is what we call Humanity Minutes.

If you are willing, please share your experience.

Here's the question: **If AI is giving you time, what are you doing with it?**

**AI gave me \_\_\_ minutes. I made an impact because I used it to \_\_\_.**