

‘Sanne not only gave us concrete tools to get started with AI ourselves, but also asked precisely the right questions to convince even our most skeptical colleagues of the opportunities AI offers. Her interactive approach and ability to hold our attention made the sessions both inspiring and informative.’

*Rowan Wouters, Global Project Manager, FedEx*

‘Sanne provided a great overview of how the brain works, along with very practical tips and (AI) tools that the team put into practice the very next day.’

*Charlotte Schoots, Head of Brand Marketing, Ace & Tate*

‘During the workshop, Sanne integrated all relevant (and organizationand department-specific) information. This ensured complete integration for all participants. Sanne has extensive professional knowledge and excellent presentation skills. Highly recommended.’

*Dick Arts, Ministry of Defence*

‘The most efficient and goal-oriented person I’ve ever had the pleasure of working with. Absolutely the only one who managed to turn practical and actionable tips and tools into a talk that I could effortlessly focus on.’

*Ron Simpson, creative entrepreneur*

‘Sanne gave an inspiring and innovative workshop on AI and productivity, expertly exploring the intersections between these topics. I highly recommend her approach to anyone interested in this topic.’

*Gijs Meeder, Sales, Growth & Expansion, Uber*

Sanne Cornelissen

# Me, myself & AI

*3 steps to work smarter and have more fun with AI*

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## Foreword

AI is, in my opinion, the sexiest topic of the moment. My first experience with AI felt like love at first sight: I asked ChatGPT to create general terms and conditions for events (yes, sexy, right?). Within five seconds, I had a clear text that I'd literally been struggling with for weeks. Quick and easy, ideal for tasks I'd rather spend as little time on as possible. Of course, I immediately wanted more. And you probably do too, which is why you've opened this book!

My love for working smart and efficiently didn't just come out of the blue; I've always been a bit of a nerd. Not the kind who spends hours staring at computer codes. But I feel genuinely happy when I can make my life more efficient, preferably with a piece of technology. For as long as I can remember, I've wanted to do more than what fits in a day. In the past, that meant: taking dance lessons, making my own clothes, meeting up with friends, starting a magazine, and

redecorating my room. Preferably all at once. During my student days, I pursued two university degrees and worked in hospitality. So, managing my time as efficiently as possible was essential. In fact, I've been searching for solutions my whole life to do my tasks more efficiently and live more happily. The real spark with AI ignited in 2012, when I was sitting in an Amsterdam lecture hall during my psychobiology studies. There, my teacher enthusiastically talked about robots and self-driving cars. I was on the edge of my seat, especially when he explained how this would change our human behavior. He demonstrated the impact smart technology has on our lives and human habits. Even though it still felt like something far removed from my daily life, I was utterly captivated.

Fast forward to today: I wake up with AI every day. Okay, first my boyfriend gets a kiss, but then my personal AI news feed is ready – compiled from precisely those platforms I find interesting, with the most important news at the top and, of course, my daily dose of AI updates included. During my workday, AI thinks along with me a lot: from brainstorming about the workshops I give with my company The Shortcut (with a different sector and target audience each time), to writing emails and critically reflecting on the talks I give at events. A lot less struggle and more enjoyment than when I did all that without AI.

I'm certainly not the only one waking up to AI. Perhaps not quite literally, but we all sense something big is happening.

You can't open a newspaper without reading another article about AI and the billions being poured into it. At the companies where I speak or give workshops as an AI expert and behavioral psychologist, I also find that it takes little effort to get employees excited about working smarter and faster with AI. It makes sense, because that's exactly what we're all looking for right now. Our days are jam-packed, our minds are overloaded, and burnout can easily be looming. Some relief is more than welcome.

Yet, in the thousands of conversations I hold during my workshops and talks, I consistently see the same thing: AI is surprisingly rarely used. Why? Often, we simply don't know how. And more importantly, we prefer to stick with how we're used to working. That's precisely the problem: it's not AI, but our own behavior that determines our success with it. The best tool in the world is worthless if you don't use it. This calls for a new way of working: every day, I see how much more enjoyable work becomes once AI is no longer a nice-to-have, but a standard part of your workday. Just like opening your inbox. Using the method I've created based on scientific research, I'll teach you how to do that in three simple steps. This shortcut method shows you which AI tools are the perfect fit for you and your work and ensures that AI becomes a routine for you, so that your work becomes more enjoyable, smarter, and more efficient. So this book is about you. About how you work, think, and procrastinate. Besides, just knowing how to do something isn't enough. You have to actually do it.

And you can. Because from now on, you don't have to do it alone. You have *Me, myself & AI* at your fingertips. In this book, I share practical tips and tools, as well as a key insight I've seen time and again in my work over the past few years: success with AI is all about collaborating with you. It's about you, about what you value, what suits you, and what energizes you. That's different for everyone. It's precisely when you combine your unique personality and desires with the power of AI that magic happens. AI can do so much, but feeling, taste, and intuition can't be automated. I'm certain everyone can do this, because smart working isn't hard or complicated. My Shortcut method immediately saves you time and energy. This way, AI doesn't become a complicated extra task, but a comfortable addition to your daily life. With a fresh perspective, practical enthusiasm, and a touch of camaraderie, we can go a long way – and hopefully, you'll achieve that extra day a week too.

Finally, I'd like to answer the most frequently asked question about this book: did I write it with AI? No. And yes. I wrote this book myself, with publisher Spectrum, and we contractually agreed that I could use AI for brainstorming purposes. Not for writing. And honestly, that's exactly how it works best: testing ideas, thinking critically, and taking a headstrong stance against AI. I often disagreed with what AI came up with. I don't copy and paste anything. I challenge it, add nuance, rewrite, go for walks, and that's how I arrive at ideas I do support. And that's exactly what *Me, Myself & AI* stands for: combining your own unique ideas, know-

ledge, and experience with AI as a smart buddy. The result? You now have it in your hands.

Enjoy reading! And I hope you save a lot of time and energy. Here's to working smarter to live more happily.

Love,  
Sanne Cornelissen