

# Wisdom Verification Protocol

A Metacognitive Practice for Conscious AI Integration

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Author: Luc Ludkiewicz · Human Coach

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# 30-Day Progress Tracker

## Track Your Daily Practice

Use this tracker to monitor your daily practice of the Wisdom Verification Protocol. Check off each day as you complete the exercises.

Day	Date	Practice	✓	Day	Date	Practice	✓
1		Pre-Interaction	<input type="checkbox"/>	16		Full Protocol	<input type="checkbox"/>
2		Iterative	<input type="checkbox"/>	17		Full Protocol	<input type="checkbox"/>
3		Verification	<input type="checkbox"/>	18		Pre-Interaction	<input type="checkbox"/>
4		Reflection	<input type="checkbox"/>	19		Iterative	<input type="checkbox"/>
5		Pre-Interaction	<input type="checkbox"/>	20		Verification	<input type="checkbox"/>
6		Iterative	<input type="checkbox"/>	21		Reflection	<input type="checkbox"/>
7		Verification	<input type="checkbox"/>	22		Full Protocol	<input type="checkbox"/>
8		Full Protocol	<input type="checkbox"/>	23		Full Protocol	<input type="checkbox"/>
9		Full Protocol	<input type="checkbox"/>	24		Full Protocol	<input type="checkbox"/>
10		Reflection	<input type="checkbox"/>	25		Full Protocol	<input type="checkbox"/>
11		Pre-Interaction	<input type="checkbox"/>	26		Full Protocol	<input type="checkbox"/>
12		Iterative	<input type="checkbox"/>	27		Full Protocol	<input type="checkbox"/>
13		Verification	<input type="checkbox"/>	28		Full Protocol	<input type="checkbox"/>
14		Reflection	<input type="checkbox"/>	29		Full Protocol	<input type="checkbox"/>
15		Full Protocol	<input type="checkbox"/>	30		Integration	<input type="checkbox"/>

### Practice Legend:

- **Pre-Interaction:** Complete 4 pre-engagement questions
- **Iterative:** Minimum 3-round iterative engagement
- **Verification:** Complete verification checklist
- **Reflection:** Metacognitive journaling prompts
- **Full Protocol:** All steps (Pre + Iterative + Verification + Reflection)
- **Integration:** Review and synthesis of entire 30-day practice

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