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WHO WILL YOU BE WHEN THE MACHINES HAVE DONE EVERYTHING ELSE?

A FRAMEWORK FOR AI-ENHANCED HUMAN EXPERIENCE

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INTRODUCTION

Welcome to The Intelligence Era

Artificial Intelligence is bringing us to the **Intelligence Era**. Machines now take on not just physical labour but **cognitive, coordinative**, and **operational tasks** — the invisible work that consumes most human time. This shift changes **what it means to live**.

AI, agentic systems, multimodal AI, robotics, and brain-computer interfaces are converging into the **Intelligence Stack** — an ambient computational layer that manages life's operational fabric. This stack integrates directly into decision-making, coordination, and execution, becoming invisible infrastructure that thinks, learns, and adapts. The central question is **human**:

> “Who will we be when the machines do everything else?”

This report argues that the Intelligence Era creates an opportunity to shift humanity from **operators of life** to **architects of meaning**. By delegating operational burdens to intelligent systems, we reclaim time and attention for what truly matters — purpose, creativity, relationships, and contribution. The question is not whether this transition will happen; technological momentum makes it inevitable. The question is whether we design these systems with human flourishing at the centre.

Our third report in the series 'AI and the Human Experience' examines the Intelligence Stack's trajectory through 2035, identifies eleven fundamental pillars of human experience, and introduces human value streams — the distinctive ways individuals create meaning. It provides design principles for building AI systems that reduce cognitive friction without diminishing agency, and enhance capability without eroding purpose. We present this as a provocation: a call to consciously architect the future rather than merely react to it.

1. The Intelligence Stack:
What's Actually Coming Next

The Intelligence Stack comprises convergent technologies that create ambient intelligence — computational capability embedded in the operational fabric of daily life, integrating directly into decision-making, coordination, and execution.

This convergence represents the Intelligence Era's foundation — reshaping not just tasks but human experience itself, reorganising society around computational cognition.

Core Components and Maturity Trajectory (2026-2035)

Table 1 – The Intelligent Stack and its likely trajectory

Technology Component	Function	2026 Maturity	2030 Projection	2035 Projection
Agentic AI	Autonomous task execution	Emerging	Mature	Ubiquitous
Multimodal AI	Cross-modal understanding	Early deployment	Human-level	Superhuman
ASIC Chips	AI processing hardware	Production	10x efficiency	100x efficiency
Autonomous Systems	Self-directing robotics	Limited	Urban integration	Full autonomy
Brain-Computer Interfaces	Neural-digital connection	Experimental	Clinical	Consumer
Self-Improving AI	Self-enhancing systems	Research	Controlled	Managed
Quantum AI	Quantum computing	Laboratory	Specialized	Integrated
AGI	Human-level intelligence	Not achieved	Possible	Likely

Research suggests LLM capabilities double every 12-18 months, while hardware advances will deliver order-of-magnitude efficiency improvements by 2030.

A Seamless Operating Platform

The Intelligence Stack's power emerges not from individual technologies but from their integration.

By 2035, these systems create "ambient coordination" — managing complexity invisibly.

By 2030, coordination will extend across health, finance, education, and work — creating a seamless operational layer.

2. Enhancing Human Experience:
Pillars and Value Streams

Defining the Eleven Pillars of Human Experience

Building on positive psychology and eudaimonic well-being theory, eleven fundamental pillars structure human experience. These are:

Figure 1 – Eleven pillars that structure the human experience

These pillars are interdependent. Beyond ~$75,000-$95,000 annually, income contributes minimally to life satisfaction, while connection, health, autonomy, and purpose show consistent correlation with well-being.

Your Life, Restructured

The Intelligence Stack embeds into each pillar as an integrated enhancement layer, amplifying capability while reducing friction:

Physical Health

- Agentic AI systems provide continuous health monitoring, predictive diagnostics, and personalised treatment optimisation
- Multimodal AI analyses medical imaging, genetic data, and lifestyle factors for early intervention
- Autonomous systems deliver medications, assist with mobility, and provide elder care
- Expected outcome: Shift from reactive treatment to predictive health management, extending health span by 10-15 years by 2035 (National Institute on Ageing, 2023)

Economic Security

- Agentic AI manages personal finances, optimises investments, and automates administrative tasks
- Systems monitor and predict economic disruptions and suggest adaptive strategies in real time
- Expected outcome: Reduction of financial stress through automated optimisation, freeing 5-10 hours weekly currently spent on financial management

Continuous Learning

- Multimodal AI creates personalised learning pathways adapted to individual cognitive styles
- Immersive media enables experiential learning previously impossible (surgical simulation, historical immersion)
- Self-improving AI tutors provide 24/7 customised instruction
- Expected outcome: Democratisation of expertise, reducing skill acquisition time by 40-60%

Meaningful Work

- Agentic AI progressively automates routine tasks within each individual job or role. This creates space for higher-value contributions. It also encroaches on Job security over time.
- Systems match individual capabilities to opportunities for maximum impact and help reshape the labour pool to give everyone an opportunity to work
- Expected outcome: Restructuring of work toward human-centric contributions

Social Connection

- AI systems reduce coordination friction in maintaining relationships (automated scheduling, thoughtful prompts)
- Analysis of communication patterns suggests ways to deepen connections
- Expected outcome: More time for meaningful interaction, less time on coordination overhead

Holistic Effects: Reduced Cognitive Friction and Enhanced Efficiency

When the Intelligence Stack embeds across all eleven pillars simultaneously, a transformative effect emerges: reduced cognitive friction. The accumulated time and mental energy currently spent on coordination, administration, and operational tasks across life domains can be reallocated to higher-value activities.

Figure 2 – How do professionals spend their time during a week?

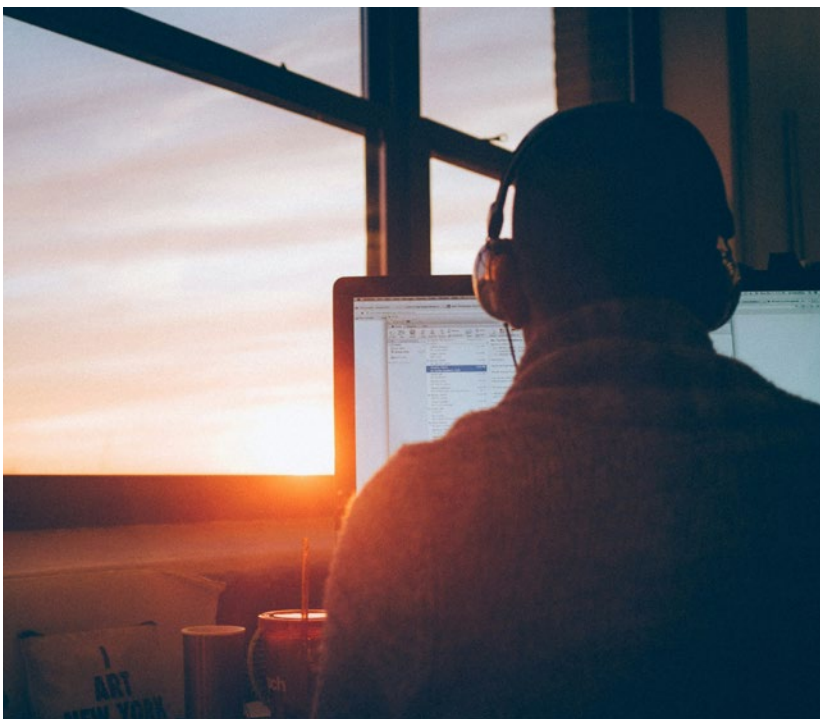
Weekly managing finances, bills, and insurance	5-10 hours
Coordinating schedules, appointments, logistics	3-5 hours
health management (appointments, medications, fitness planning)	4-6 hours
Household administration	2-3 hours
Work coordination and routine operations	10-15 hours

When the Intelligence Stack handles these operations seamlessly, people gain the equivalent of a full additional workweek — not for more work, but for contribution aligned with their deepest values and capabilities.

Efficiency in routine human tasks creates space for higher-value activities

Total
24-39
hours weekly of cognitive overhead

> “Efficiency in routine human tasks creates space for higher-value activities”



3. From Corporate to Human Value Streams

The concept of interconnectivity among the eleven experiential pillars yields a crucial insight: humans, like corporations, create value through distinct processes, commonly referred to as 'value streams' that cross functional boundaries. Understanding these "human value streams" helps us see not just how the Intelligence Stack makes us more efficient as individuals, but how it enables us to **deliver greater value** during our lives.

As we have discovered during the era of Business Reengineering, corporations build advantage through six value streams: Innovation, Operations, Customer Relations, Talent Development, Strategy/Finance, and Digital/Data. Similarly, humans create value through distinct processes that generate meaning and impact rather than generating profit.

Table 2 – The Six Human Value Streams

Human Value Stream	Purpose	Key Activities
Awareness & Learning	Pursue understanding, synthesise insights, share knowledge	Exploring, reframing problems, teaching, connecting concepts
Practice & Mastery	Develop skills through deliberate practice and refinement	Crafting, improving, perfecting, building expertise
Relationship & Empathy	Connect authentically, support others' growth	Listening, building trust, offering support
Integrity & Purpose	Align actions with deeply held values and meaning	Standing for principles, making authentic choices, and maintaining coherence over a lifetime
Collaboration & Stewardship	Co-create shared outcomes	Mentoring, empowerment, community-building, service mindset
Reflection & Renewal	Use self-awareness and feedback to learn, adapt, and evolve	Mindfulness, self-regulation, integration of experience and building resilience

Like successful corporations that need to excel in just one or two key value streams (Tracey and Wiersma's The Disciplines of Market Leadership), individuals typically have two or three dominant value streams that define their core contribution to the world. These streams describe how each person transforms their unique capacities into external value that uplifts families, communities, and workplaces.

Discovering Your Personal Value Streams

Identifying your personal value streams involves structured reflection and observation:

- **Observe patterns of flow** – When do you feel most alive, absorbed, and purposeful? What activities make you lose track of time?
- **Map your process of creating value** – Trace moments when you made a real difference. Identify the pattern:

  Input ⟶ Transformation ⟶ Output

- **Reflect across the six streams** – Which streams feel most essential and recurrent in your life?
- **Seek external mirrors** – Ask trusted friends: "When do you see me at my best? What value do I bring that I might overlook?"
- **Experiment and iterate** – Try leaning into different streams and notice what generates both meaning and mutual value.
- **Integrate into a system** – Understand how your 2-3 core streams interact to form your distinctive contribution pattern.

The Intelligence Stack can dramatically accelerate this discovery process. AI systems can analyse patterns in your work, relationships, and contributions to identify where you naturally create the most value. They can suggest development pathways, connect you with opportunities aligned to your streams, and provide feedback on your impact — essentially serving as a mirror that reveals your distinctive constellation of gifts.

> "Activating Human Value Streams can amplify our contribution to society"

4. Dual Enhancement:
Efficiency + Value

The Intelligence Stack's true power emerges from its dual enhancement:

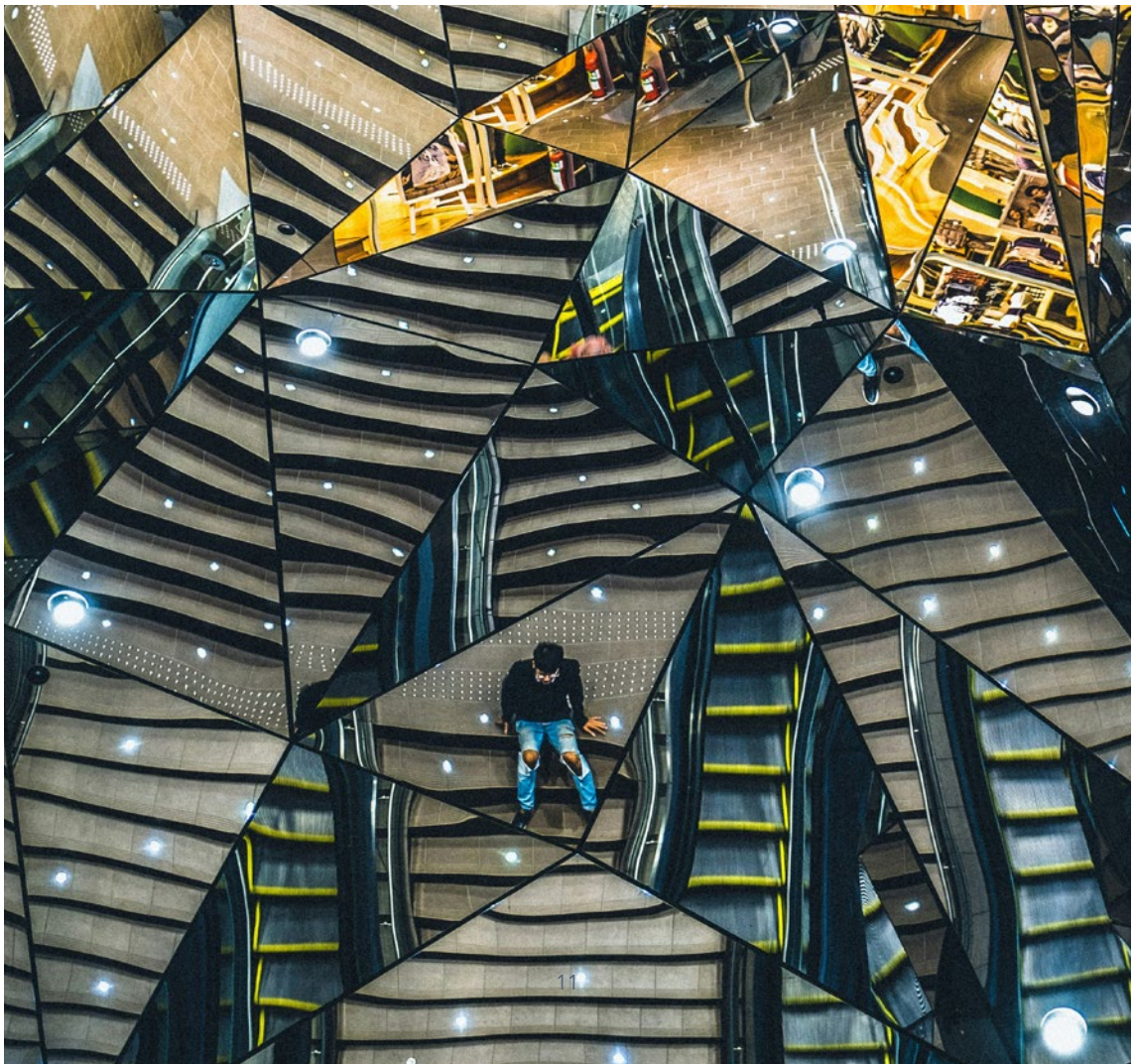
Efficiency through Cognitive Friction Reduction

By handling operational tasks across all 11 pillars, the Stack reclaims 24-39 hours per week. This is time liberation — the gift of presence and attention that can be redirected toward meaningful pursuits.

Value through Stream Enhancement

By acting as a mirror, helping individuals identify and develop their natural value streams, the Stack enables people to focus their energy on their highest-value contributions. Someone strong in "Awareness & Learning" can dedicate more time to synthesis and teaching. Someone excelling in "Relationship & Empathy" can deepen connections without friction from coordination. This translates into the corporate world, where individuals may be either thought leaders, product innovators, or relationship managers, depending on their unique human value streams.

Together, these create synergistic pillar reinforcement. Improvements cascade: Better health enables better learning. Economic security reduces stress and improves relationships. Clear purpose enhances resilience. The Intelligence Stack optimises across all pillars simultaneously, creating positive feedback loops that amplify overall well-being and multiply impact.



5. Design Principles for Human Flourishing

Creating systems that enhance human experience requires separating two distinct objectives: reducing cognitive friction (efficiency) and enhancing meaning (purpose). Conflating these creates systems that optimise life without enriching it.

Principles for Cognitive Friction Reduction

Systems designed to make life more efficient should prioritise:

- **Invisibility – Systems should work seamlessly in the background**
  Systems should work seamlessly without demanding attention.
- **Proactivity – Anticipate needs before conscious awareness**
  Systems should predict requirements based on patterns and context.
- **Integration – Coordinate across domains automatically**
  Systems should understand how different life domains affect each other and coordinate accordingly.
- **Personalisation – Adapt to individual patterns and preferences**
  Systems should learn your rhythms and priorities, optimising for your specific life.

Principles for Meaning Enhancement

Systems designed to make life more meaningful should prioritise:

- **Visibility – Make impact and patterns apparent**
  Show people how their contributions matter. Meaning emerges from seeing significance.
- **Reflection – Encourage contemplation of purpose and values**
  Prompt questions about alignment, focus, and patterns in choices.
- **Choice – Empower autonomous decision-making**
  Systems should inform and suggest, never prescribe. Meaning requires agency.
- **Connection – Facilitate genuine human relationships**
  Remove friction that prevents connection; use technology to bring people together, not replace togetherness.
- **Growth – Support capability development aligned with values**
  Support development aligned with their chosen direction.

Critical Safeguards

Even well-designed systems risk unintended harm. Essential safeguards include:

- **Human agency must remain paramount** – Systems suggest, humans decide. Always.
- **Preserve skill development** – Don't atrophy capabilities through over-automation. Maintain opportunities for practice.
- **Protect privacy and autonomy rigorously** – Deep integration requires deep data access. This must never be abused.
- **Preserve space for mystery** – Not everything should be measured, optimised, or explained. Leave room for wonder and spontaneity.
- **Maintain transparency** – People should understand how systems work and make decisions affecting them.
- **Enable exit** – Users must be able to disengage from systems without catastrophic life disruption.

Separation of Concerns: Efficiency vs. Meaning

The critical insight is that cognitive friction reduction and meaning enhancement require different design approaches:

Table 3 – The Six Human Value Streams

Dimension	Efficiency (Friction Reduction)	Meaning (Purpose Enhancement)
Goal	Minimise time/energy on operations	Maximise the impact of your contribution
Method	Automation, optimisation, prediction	Reflection, alignment, feedback
Metric	Hours saved, cognitive load reduced	Fulfilment, growth, positive impact
Risk	Over-dependence, skill atrophy	Prescription, loss of autonomy
Design Focus	Invisible, seamless, proactive	Visible, reflective, empowering

Essential safeguards: Human agency is paramount (systems suggest, humans decide); preserve skill development; rigorously protect privacy; preserve space for mystery; maintain transparency; enable exit.

6. A Lived Example:
Sarah's Transformation

Before (2030)

50 hours weekly (30 on coordination, 20 creative); exhausted relationships; unclear direction; stress-related health issues.

Year 1
Friction Reduction & Discovery

AI assistant reclaims 15 hours weekly. Value stream assessment reveals strengths: Awareness & Learning, Relationship & Empathy, Collaboration & Stewardship. Pattern: greatest fulfilment is helping others clarify their stories.

Year 2
Development & Purpose

Immersive learning in narrative psychology and coaching. Health optimised. Relationships deepened. AI analysis reveals maximum value: helping purpose-driven organisations clarify missions. Decides to transition to brand purpose consulting.

After (2035)

Works 30 hours on high-value creative work (AI handles operations). Life is organised around three streams. Impact: 12 organisations clarified, 30 mentees employed, family relationships thriving, book manuscript in progress. Greater life satisfaction despite fewer paid hours.

Sarah's transformation shows the potential: operational burden removed (efficiency), capabilities identified and developed (effectiveness), contribution aligned with impact (meaning). She became an architect of her life rather than an operator of its machinery.

7. The Questions We Need to Answer

The Intelligence Era represents humanity's shift from operator to architect, delegating operational burden to create liberation and responsibility.

The Intelligence Stack can give us time, capability, and efficiency. But it cannot give us purpose, wisdom, love, or meaning — these become life's substance when operations are automated.

What is a human life for?

The frameworks — eleven pillars, value streams, and design principles — provide structure for understanding where technology helps and where humanity must show up.

Success means human flourishing: greater satisfaction, stronger communities, deeper relationships, and more people living according to their gifts.

The machines are coming to free us. Each of us will be asked the same question.

> "Who will you be when the machines have done everything else?"

These frameworks provide coordinates for the conversation we need — with ourselves, each other, and emerging systems reshaping human experience.

Table 4 – Core Questions We Now Need to Answer

Domain	Core Question Set	What Is Really at Stake	Implication for Research & Design
Civilisational Direction	What are we optimising society for once labour is no longer central? How do we redefine progress beyond GDP and productivity?	The risk of building an efficient but hollow civilisation	New measures of success grounded in human flourishing, not output
Intelligence System Design	How should the Intelligence Stack be architected? Where should AI be invisible vs reflective? How do we enforce "systems suggest; humans decide"?	Loss of agency through poorly designed automation	Design principles that encode agency, reflection, and human override
Human Agency	How do we preserve authorship, judgement, and choice in ambient intelligence? When does convenience become coercion?	Quiet erosion of autonomy and decision-making	Identification and protection of non-automatable human capacities
Meaning, Identity & Work	If work diminishes, what anchors dignity and worth? How do people find their distinctive human value beyond jobs?	A vacuum of meaning filled by passivity or synthetic purpose	Frameworks for post-work meaning, contribution, and vocation
Social & Ethical Governance	Who is responsible when systems act on our behalf? What rights must humans retain?	Accountability gaps and optimisation redefining the "good life"	Governance and architectural safeguards, not abstract ethics
The Personal Question	How should a human life be lived once survival machinery is delegated? What do we do with reclaimed time?	Drift, comfort, and distraction versus deliberate living	Practices that cultivate purpose, service, reflection, and renewal

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See rogercamrass.com for all available AI and Humanity reports

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