

Living and Learning with AI Inquiry Provocation

AI Coverage Across Everyday Life Domains & Transition Spaces

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You are waiting — perhaps in a café, at a railway station, or sitting in your car while a takeaway meal is being prepared. Like many people, you take out your phone. In the space of a few minutes you check messages on Whatsapp, scan an app for the news, search for a piece of information, scroll through YouTube shorts or read your Google feed for interest and curiosity. These small moments of waiting — the in-between spaces of everyday life — are becoming one of the places where humans most frequently interact with artificial intelligence. Yet these encounters rarely feel dramatic or technological. They feel ordinary. And this is precisely why we need to pause to consider what role AI is already playing in the varied contexts of our everyday lives.

1. Introduction

Most public debate about artificial intelligence focuses on the workplace: which jobs will be automated, which tasks will be augmented, and which workers will be displaced. Anthropic's research into occupational AI exposure using a radar chart (Appendix 1) offers a useful framework for thinking about this systematically, mapping theoretical AI capability against observed adoption across professional domains.

But the reach of AI into human life extends far beyond employment. People are already using AI tools — knowingly or unknowingly — when they shop, learn, travel, manage their households, care for family members, and pursue hobbies. The pace of change in these everyday domains is accelerating, and the implications for how we live, relate to one another, and develop as people are profound.

This provocation paper extends the occupational radar chart methodology to twelve domains of everyday life (Appendix 1), asking two questions for each: how much of this domain could AI theoretically assist with, given current and near-future capabilities? And how much AI assistance is actually being used today? The gap between these two measures — the 'adoption gap' — reveals where change is happening, where it is imminent, and where structural barriers (trust, regulation, cultural resistance) are slowing otherwise technically feasible adoption.

The paper is intended as a provocation, not an accurate synthesis or prediction. The estimates presented are illustrative rather than precisely evidenced. The scores in the analysis are structured estimates generated for illustrative and discussion purposes, drawing on general knowledge of AI capabilities and consumer adoption patterns. They are not derived from primary empirical research and should not be cited as measured data. Their purpose is to stimulate structured discussion about how AI is changing the texture of ordinary life, and what that means for learning, wellbeing, relationships, and the nature of human agency. Ultimately our inquiry is trying to explore how we might live well with AI – consciously and deliberately. For some people this might mean consciously living with very little AI of their choosing, for others, it might mean consciously choosing to live with many applications of AI, but for all of us it will mean living with multiple applications of AI that are not of our choosing. The choice is not always ours to make but being more aware of how AI is incorporated into the contexts, environments and activities we are involved in, is important knowledge to develop in the world we inhabit. This provocation is an aid to this form of self-awareness.

2. Methodology and Scoring

The everyday use of AI radar chart (Appendix 1 Figure 2) displays two overlapping polygons across twelve everyday life domains:

- Theoretical AI coverage (blue): the estimated proportion of activities within each domain that current or near-term AI could plausibly assist with, if fully deployed.
- Observed AI coverage (red): the estimated proportion of activities within each domain where AI assistance is actively and regularly being used by a meaningful share of the population today (2025).

Scores are expressed as a percentage from 0% (no AI relevance or use) to 100% (entire domain is theoretically addressable or currently AI-assisted). Scores are indicative estimates based on available evidence about AI capabilities and adoption data gathered by Anthropic, they should be treated as structured approximations rather than precise measurements.

The twelve domains were selected to represent the principal spheres of everyday adult life outside formal employment, though the 'Work & career' domain is included for comparison with the occupational literature. The domains are not exhaustive and some activities span multiple categories.

3. Domain-by-Domain Analysis

Table 1 presents scores and illustrative examples of AI applications for each of the twelve domains.

Table 1: AI coverage scores and examples across everyday life domains

Domain	Theoretical	Observed	Gap	Examples of AI in use	Key barriers / notes
Work & career	92%	62%	High	Drafting emails and reports, code generation, meeting summarisation, scheduling, data analysis, presentation creation, customer service chatbots	<i>Well-penetrated but uneven across job types; blue-collar roles largely untouched</i>
Study & learning	90%	55%	High	Personalised tutoring (Khan Academy AI, Khanmigo), essay feedback, research summarisation, flashcard generation, language learning (Duolingo), homework assistants	<i>Widely used by students informally; formal education systems adopting slowly</i>
Shopping & finance	85%	50%	Medium	Recommendation engines (Amazon, Netflix), price comparison tools, AI budgeting apps (Cleo, Copilot), fraud detection, insurance pricing, chatbot customer support	<i>Much AI is invisible/embedded in platforms; consumer-facing tools growing fast</i>
Entertainment	88%	58%	Medium	Streaming recommendations, AI-generated music (Suno, Udio, Spotify), AI art	<i>Consumer-facing AI is already mainstream here; generative tools disrupting creative industries</i>

Domain	Theoretical	Observed	Gap	Examples of AI in use	Key barriers / notes
				(Midjourney), game NPCs, sports analytics, podcast discovery, content creation tools	
Travel & navigation	80%	42%	Medium	Background information – Google AI, Itinerary planning (ChatGPT, Wanderlog AI), real-time translation (Google Translate), navigation (Google maps, Waze), dynamic pricing, booking chatbots, visa guidance	<i>Strong potential; adoption growing but many journeys still planned traditionally</i>
Hobbies	74%	36%	High	Art generation, music composition tools, recipe suggestion, gardening apps (PictureThis), sports performance analysis, knitting/craft pattern generation, gaming AI coaches	<i>Niche but rapidly expanding; hobbyists are early adopters of generative AI tools</i>
Home management	78%	32%	High	Smart home assistants (Alexa, Google Home), AI energy management (Nest), repair guidance chatbots, grocery list generation, AI security cameras, home insurance AI	<i>Significant gap between technical capability and actual household adoption</i>
Health & wellbeing	82%	30%	High	Symptom checkers (Ada, Babylon), mental health apps (Woebot, Wysa), AI fitness coaching (Whoop, Future), medication management, sleep tracking, chronic disease monitoring	<i>Highest potential after work; adoption held back by trust, regulation and data sensitivity</i>
Caring for others	70%	20%	Very High	AI eldercare companions (ElliQ), accessibility tools (speech-to-text, screen readers), child education apps, carer support chatbots, dementia monitoring sensors	<i>Largest gap overall — ethical complexity, vulnerability concerns, and trust barriers slow adoption significantly</i>
Family & parenting	72%	26%	High	AI parenting advice apps, child development tracking, homework help tools, AI-moderated screen time, family organisation assistants, reading and storytelling apps for children	<i>Early stage but fast-growing; parents are both eager adopters and cautious gatekeepers</i>
Social & community	65%	28%	Medium	Social media content moderation, event planning tools, AI-powered dating apps (Hinge, Bumble features), community translation, neighbourhood safety apps, volunteering matching	<i>Concerns about authenticity and manipulation limit uptake in genuine social contexts</i>

Domain	Theoretical	Observed	Gap	Examples of AI in use	Key barriers / notes
Garden & outdoors	60%	18%	Very High	Plant identification apps (PictureThis, iNaturalist), AI weather forecasting, pest and disease diagnosis, personalised planting schedules, landscape design tools, wildlife identification	<i>Most underexplored domain relative to potential; strong opportunity for nature-connected AI tools</i>

Source: Claude’s estimates based on review of AI capabilities and adoption data, 2025. Gap categories: Very High (>45pp), High (30–45pp), Medium (20–29pp).

4. Cross-Domain Observations

4.1 The shape of the gap

The most striking feature of the data is not the theoretical ceiling — which is uniformly high — but the shape of the adoption gap. Domains where AI assistance is most prevalent today (work, entertainment, shopping) are characterised by: digital-native environments, strong commercial incentives to deploy AI, and relatively low stakes for individual interactions. Domains with the largest gaps (caring for others, garden and outdoors, health, home management) share the opposite characteristics: physical environments, relational complexity, high stakes, and deep personal or emotional significance.

This pattern suggests that AI adoption in everyday life is not simply a function of technical capability. It is also shaped by willingness to delegate, vulnerability concerns, and the degree to which a domain is already mediated by digital technology.

4.2 The trust deficit in high-stakes domains

Health, caring for others, and family and parenting all have theoretical coverage scores above 70%, yet observed adoption rates of 20–30%. The gap is not primarily technological — capable tools exist in all three domains. Rather, it reflects a deep wariness about delegating consequential, intimate decisions to algorithmic systems. This is arguably rational: the costs of AI error in these domains (a missed symptom, an inappropriate response to a distressed elderly person, harmful parenting advice) are potentially severe.

What is needed in these domains is not more AI capability, but better frameworks for trust, accountability, and human oversight. The question for policymakers, educators, and designers is: under what conditions, and with what safeguards, would people be willing to accept meaningful AI assistance in their most personal domains?

4.3 Invisible AI and the literacy gap

In several domains — particularly shopping and finance, entertainment, and social and community — AI is already deeply embedded, but largely invisibly. Recommendation algorithms, fraud detection systems, and content moderation tools operate without most users being aware of, or having consented to, their influence. This raises significant questions about agency: people are being shaped by AI systems they do not know are operating.

AI literacy — the ability to understand when and how AI is influencing one’s environment and choices — is therefore a prerequisite for genuine human agency in modern life. This has direct implications for education at every level, and for the framing of this inquiry.

4.4 The household as the next frontier

Home management, garden and outdoors, and hobbies all show large adoption gaps. These are domains characterised by physical presence, embodied knowledge, and strong personal preferences — areas where AI has traditionally struggled. However, advances in multimodal AI (systems that can process images, audio, and sensor data alongside text) are beginning to close this gap. AI tools that can identify a plant disease from a photograph, diagnose a boiler fault from a description, or suggest a personalised planting schedule are already available and improving rapidly.

The household is likely to be the next major arena for AI adoption. The implications for domestic labour, for the skills required to maintain a home and garden, and for the relationship between people and their physical environments deserve serious attention.

5. Transitional Spaces: The Hidden Layer of Human–AI Participation

The twelve domains mapped in this paper represent the principal *contexts* of everyday life — the organised arenas of purposeful activity in which people work, learn, care, shop, travel and pursue their interests. But human life is not experienced as a neat sequence of contexts. It is experienced as movement between them. And it is in these interstitial moments — the spaces of waiting, travelling, pausing and passing through — that some of the most frequent and least examined encounters with AI are now taking place.

The opening hook of this paper describes a recognisable scene: sitting in a car while a takeaway meal is being prepared, phone in hand, scrolling, searching, perhaps asking an AI assistant something. That moment does not belong to any of the twelve domains in our model. It is not work, study, home management or entertainment in any purposeful sense. It is a transitional space — short, unstructured, opportunistic — and it is precisely here that AI has quietly established one of its most pervasive presences in ordinary life.

This suggests that the radar chart, while useful, captures only part of the picture. Alongside the contextual AI embedded in our practices, there is a second and largely unmapped dimension: *transitional AI* — the AI we reach for in the gaps, pauses and in-between moments of daily life. Understanding this dimension matters for at least three reasons.

First, transitional spaces may be where the volume of human–AI interaction is highest. The cumulative weight of many brief, casual encounters — quick searches, conversational queries, idle recommendations — may exceed the time spent using AI purposefully within any single domain. These interactions are individually minor but collectively significant.

Second, transitional spaces have historically served important human functions. The pause between activities has been a space for observation, reflection, daydreaming, informal conversation and the kind of unstructured thinking from which ideas and insights emerge. When those spaces are increasingly filled by AI-mediated digital interaction, something changes — not necessarily for the worse, but in ways that deserve conscious attention. The question of what we lose, and what we gain, when AI becomes the default occupant of our idle moments is one that an inquiry into living well with AI cannot afford to ignore.

Third, transitional spaces are often where first encounters with AI occur, and where habits of AI use are formed without deliberate intention. A person who would carefully consider whether to use AI assistance in a professional or caring context may reach for an AI tool unthinkingly in a waiting room. The unchosen quality of AI participation — identified earlier in this paper as one of its most important themes — is perhaps nowhere more pronounced than in these casual, habitual, almost automatic interactions.

A fuller model of human–AI participation in everyday life might therefore distinguish three overlapping environments:

- Practice environments — the structured contexts of purposeful activity (work, study, caring, hobbies and the other domains mapped in this paper), where AI typically functions as a tool within an ecology of practice, deliberately used to assist, augment or extend capability.
- Transitional spaces — the unstructured intervals between activities (waiting, travelling, pausing, browsing), where AI fills gaps, satisfies curiosity, entertains and accompanies, often without deliberate invocation.
- Reflective spaces — the quieter moments of thinking, journalling, planning and meaning-making, where AI increasingly functions less as a tool and more as a cognitive companion: a thinking partner, a sounding board, a source of dialogue that can deepen or shortcut the process of reflection depending on how it is used.

These three environments are not mutually exclusive — a train journey might involve all three in quick succession — but distinguishing them helps make visible dimensions of AI participation that are otherwise easy to overlook. It also reframes the inquiry's central question. Living well with AI is not only about making good choices within the domains of purposeful activity. It is also about cultivating awareness of the smaller, quieter, less deliberate encounters that collectively shape our attention, our curiosity, our habits of mind, and our sense of what the spaces of ordinary life are for.

6. AI across the life course: changing domains, changing agency

Our relationship with AI is not fixed. It evolves as we move through life — as the domains we inhabit change, as our habits form and solidify, and as the degree of choice we have over our technological environment shifts. An inquiry into living and learning with AI must therefore attend to the life course, not just to the population as a whole.

In childhood and adolescence, AI is encountered primarily through environments that others have designed. Recommendation algorithms shape what children watch, read and listen to. Educational platforms increasingly incorporate AI tutoring and assessment tools. Social media — itself deeply AI-mediated — becomes a primary arena for identity formation and peer relationship. At this stage, the 'unchosen AI' problem identified earlier in this paper is most acute: children have the least power to understand or shape the AI environments they inhabit, yet those environments may be forming habits, expectations and assumptions about knowledge, creativity and social interaction that will persist for decades.

In early adulthood, the balance shifts towards the high-adoption domains of work, study, entertainment and shopping. This is the life stage at which AI tools are most visible, most consciously chosen, and most likely to be actively embraced. It is also the stage at which habits of AI use are consolidated — habits that will be carried into subsequent life stages, for better or worse. Young adults who develop a reflective, critical relationship with AI at this stage are better equipped for the changing landscape ahead; those who develop unreflective dependency may find that harder to revise later.

In mid-life, the dominant domains expand significantly. Work remains central, but family and parenting, home management, health and caring for others come to the foreground — precisely the domains where the adoption gap is largest and where AI tools are least mature, least trusted, and most ethically complex. The person who has grown accustomed to confident AI assistance in professional life may find the tools available in their caring and domestic life comparatively underdeveloped, inconsistent, or unsatisfying. Conversely, mid-life may offer an opportunity for more deliberate choices about where AI assistance is welcomed and where it is not.

In later life, the picture shifts again. Health, caring and community become the primary domains, and the degree of personal agency over AI environments may diminish. People in care settings, hospital systems or supported living may find AI deployed around them — in monitoring, in communication, in care coordination — with limited opportunity for informed consent or individual preference. The risk of being a passive recipient of AI, rather than an active user of it, is greatest at the extremes of the life course: in childhood and in dependent older age.

Two implications follow. First, AI awareness needs to be cultivated at every life stage, not treated as a one-time educational intervention. What it means to live well with AI at sixty is substantively different from what it means at twenty, and the domains in which critical awareness matters most will shift accordingly. Second, those designing AI systems for health, care, education and community settings carry a particular responsibility towards people at life stages where individual agency is most constrained. The ethical burden falls not only on users to become more aware, but on designers, policymakers and institutions to create AI environments that are transparent, accountable and genuinely oriented towards human flourishing across the whole of life.

7. Implications for 'Living and Learning with AI Inquiry'

This analysis suggests several areas deserving particular attention in an inquiry into living and learning with AI:

- AI awareness as essential knowledge for living well with AI: Understanding how AI operates across the domains of everyday life — including where it is invisible, where it is consequential, and where human oversight matters most — is a prerequisite for living well in an AI-saturated world. This is distinct from technical AI literacy; it is a broader form of practical wisdom about the conditions of one's own life.
- AI literacy as a life skill: The pervasiveness of AI across all twelve domains means that the ability to understand, evaluate, and appropriately use AI tools is no longer a specialist skill but a general life competency, as fundamental as reading or numeracy.
- Differential impacts by life stage: The domains where AI adoption is lowest (caring, health, family, home) are those most associated with later life stages. There is a risk that AI benefits accrue disproportionately to younger, digitally-fluent populations in work and education, while those in caring roles and the elderly are left behind.

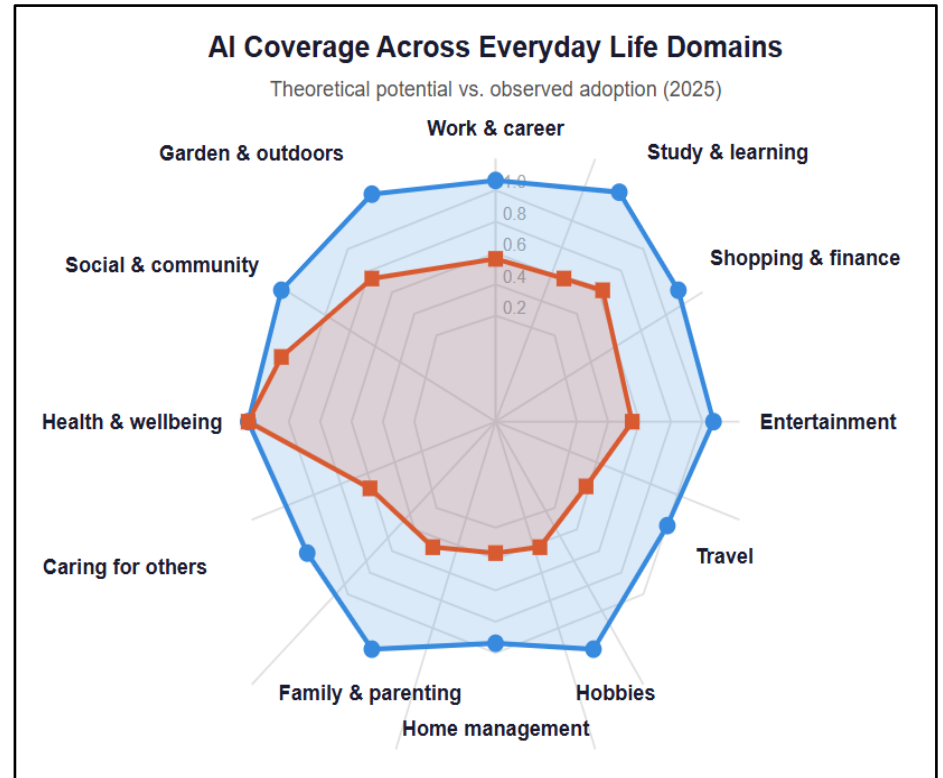
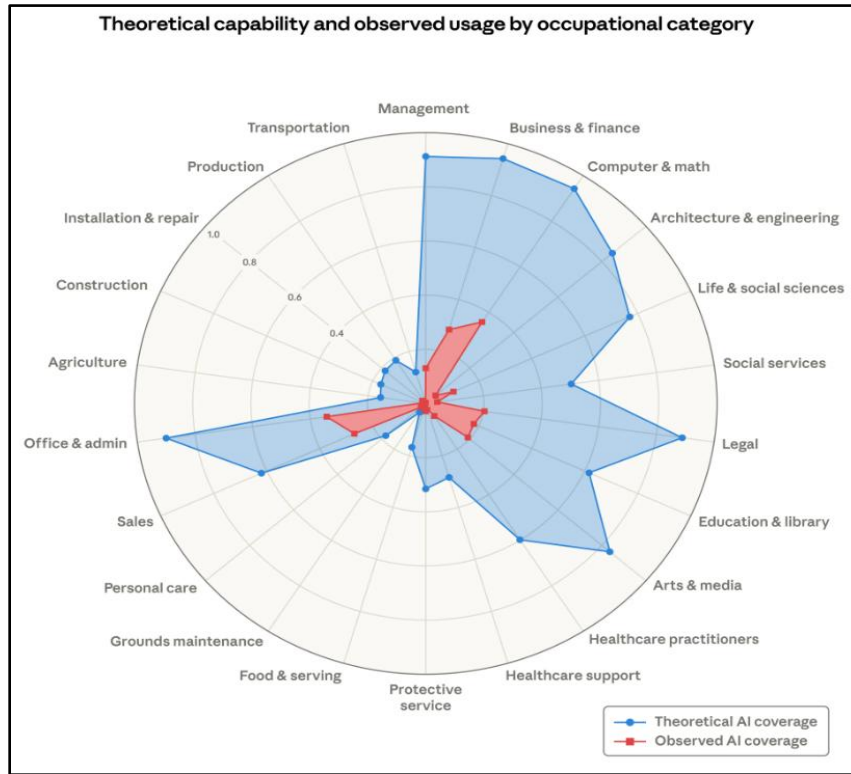
- The relational question: AI is beginning to occupy roles — companion, adviser, tutor, carer — that have traditionally been human. What is lost, and what might be gained, when relational roles are partially or wholly taken by AI systems? This question is particularly acute in caring for others and family and parenting domains.
- Consent and legibility: In domains where AI is already embedded invisibly (entertainment, shopping, social), people cannot meaningfully consent to its influence because they are unaware of it. Greater transparency requirements and better public understanding are needed.
- The pace of change: The gap between theoretical and observed coverage is closing. Several domains that today show large gaps — health, home, caring — are likely to see rapid adoption growth over the next five years. The time to develop frameworks, norms, and policies is now, not after widespread adoption has occurred.
- Transitional spaces as sites of unconscious AI participation: the brief, habitual encounters with AI in the pauses and intervals of daily life are collectively significant yet rarely examined. Cultivating awareness of these moments is as important as understanding AI within our principal life domains.

8. Questions for Discussion

The following questions are offered to prompt discussion:

- In which domains of your own daily life are you aware of AI being used? In which do you suspect it may be operating without your knowledge?
- Where do you draw the line between helpful AI assistance and unwanted AI intrusion in personal life domains? What determines that line for you?
- What would 'good' AI adoption look like in the domains with the largest gaps — health, caring, home? What safeguards would make you more comfortable?
- How should AI literacy be taught across different age groups and life stages? What does it mean to be 'AI literate' in everyday life, as opposed to professional life?
- The radar chart shows where AI is now and where it could be. Where should it be? Is there a domain where you believe AI should not be adopted, regardless of technical capability?

Appendix 1 Radar Maps Left AI Coverage Across Occupational Domains¹ **Right** AI Coverage Across Life Domains
Guidance Note the chart is a heuristic for reflection rather than an attempt at precision – consider patterns not numbers



Note on Sources

The scoring in this paper is based on AI Claude’s synthesis of publicly available information about AI capabilities (including documentation from major AI providers) and adoption data from consumer research, industry reports, and academic literature available to mid-2025. Scores should be treated as structured estimates for discussion purposes. The methodology mirrors that used in Anthropic’s occupational AI exposure research, adapted for life-domain analysis. The Workplace Radar Chart is available as a separate downloadable file for inclusion in presentations and reports.

Labor market impacts of AI: A new measure and early evidence. March 2026 Anthropic Available at: <https://www.anthropic.com/research/labor-market-impacts>

Statement on Authorship and the Use of AI in Preparing this Paper

This paper was produced through a collaborative process between a human author and two AI agents Claude and ChatGPT. Their respective contributions are described below.

The human author initiated the inquiry, identified the conceptual gap that motivated the paper — the absence of a life-domain equivalent to Anthropic's occupational AI exposure research — and provided the framing question. Throughout the drafting process, the human author exercised editorial judgement over structure, argument and emphasis; made substantive additions to the text, including the paper's central distinction between chosen and unchosen AI, the discussion of AI awareness as a form of self-knowledge, and the life course analysis in Section 6; corrected factual attributions; and took responsibility for the final form of the document.

Claude generated the initial structure and draft text, produced the indicative scores and domain descriptions in Table 1, created the everyday life radar chart (Appendix 1, Figure 2), and responded to the human author's directions and revisions across multiple exchanges. When asked directly, Claude acknowledged that the domain scores are structured estimates rather than empirically derived data, and this was reflected in the paper's framing.

The scores, examples and analytical observations presented in this paper represent Claude's synthesis of publicly available information and should be understood as illustrative rather than empirically validated. They do not represent the findings of Anthropic's research team. The human author bears responsibility for the decision to share this paper and for the use to which it is put.

The human author shared the draft provocation paper with a second AI agent ChatGPT in a context window developed for the Living and Learning with AI Inquiry and invited an evaluation which was duly given. Acting on one suggestions, a paragraph at the start of the paper to hook the reader with a story about everyday use of AI, opened up the issue of Transitional spaces which was hitherto unrecognised in the article. The conversation was reported to Claude via a transcript and a new section on transition spaces was added to the article.

This statement illustrates the kind of transparency about AI involvement in human cognitive projects that the paper argues is necessary for living well with AI.