

RICK & ISABELLA PINA COACHING

PATREON PREMIUM GUIDE • AUGUST 25, 2026

FIVE BLIND SPOTS

I watched this video. Here is the video. Here are my notes.



SANDEEP SWADIA



FIVE BLIND SPOTS



MY NOTES

WATCH VIDEO

DOWNLOAD PDF

MY NOTES

5

BLIND SPOTS • THE LESSON

21

MIN • SWADIA VIDEO

1

SPOT THIS WEEK. NOT FIVE UNUSED PROMPTS.

PDF

TAKE THE NOTES WITH YOU

I am not claiming this talk as my teaching. I watched it. I want you to watch it. Then sit with my notes. The spots are the lesson. The prompts are tools.

VIDEO + WHAT THEY SAID + MY NOTES

Hey family, I watched this video and I want to share it with you, along with my notes. Watch first. Read what Sandeep Swadia said. Then read MY NOTES so you know what is his and what is mine.

WATCH

THE VIDEO

Sandeep Swadia. 21:45. Five life blind spots.

[Watch in this guide →](#)

TAKEAWAY

DOWNLOAD THE PDF

The notes. Offline. Printable.

[Get the PDF →](#)

WORK

MY NOTES

Rick sat with the video. Faith. Marriage. Business. Identity.

[Read my notes →](#)

01

I Watched This Video

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PDF and Related Guides

HEY FAMILY, I WATCHED THIS VIDEO

I want to share it with you, along with my notes.

I watched this because you are in my mentoring community and a lot of you are using AI. I do not want you using it only for chores. I do not want you collecting prompts and doing nothing with your life.

Sandeep Swadia taught five life blind spots. That is his talk. I am curating it. I am not claiming it as my original teaching. Mentorship is obedience with a witness. Watch the video. Read what he said. Then sit with MY NOTES.

The spots are the lesson. The prompts are tools.



You will see the same order on this page every time I do this. The video. What they said. My notes. I will not baptize his whole system as Christian. I will tell you where I agree, where I warn you, and what I want you to do this week.

DOWNLOAD THE PDF

Live PDF: guides.rickpina.cloud/five-blind-spots-premium-guide.pdf.

THE VIDEO

Sandeep Swadia. The Only 5 Prompts You Need To Change Your Life. 21 minutes 45 seconds. Watch it before you read the rest.

Watch the video: <https://www.youtube.com/watch?v=FPnFp8vFM9k> · Also: <https://youtu.be/FPnFp8vFM9k>

Five things to listen for. Write them down while he talks.

01

SELF-DECEPTION

Your life is the black box. AI as investigator.
Hard feedback from people who know you.

02

STORIES

Meant / said / heard / interpreted. AI as
counterparty. Face the person yourself.

03

IDENTITY

End-of-history illusion. Careers as clothes, not
skin. A 30-day map. Small test first.

04

HARD FORKS

Gary Klein pre-mortem. AI as simulator. Bezos
one-way vs two-way doors.

Fifth: trials. The story after sudden failure. Writing. AI as debrief. Serious grief
needs a friend or an expert, not a model.

LESSON 03

03

WHAT THEY SAID

This section is Sandeep Swadia. Honest breakdown. Credited by name.
Not my sermon.

SANDEEP SWADIA • WHAT HE TAUGHT

He says most people use ChatGPT or Claude for productivity hacks and chores they do not want to do. He asks if a language model can be a thinking partner that helps you leave survival mode if you use it with judgment.

He frames five life blind spots like an 18-wheeler changing lanes. The freight is heavy. The road is full of lane changes. For each spot he gives four things: why it happens, an AI role plus a reusable prompt, a real-life practice, and a caveat. AI can overstate patterns. It is not a psychologist. Treat output as a hypothesis, not a diagnosis.

"AI doesn't have any divine insights. It can distort facts, it can overstate patterns, and it sounds more certain than it should." Sandeep Swadia

He says do this seriously for 30 days and you may become unrecognizable in the only way that matters. He closes with a Buddhist line: pain is what happened, suffering is the story you keep telling. Guitar callus: first pain, then music. He plugs a free Tuesday newsletter. That is his CTA. It is not mine. I am not sending you there.

The five prompts below are his wording, cleaned from the talk so you can copy them. They are Swadia's prompts. My caution sits under each one.

LESSON 04

04

WHAT THEY SAID: SELF-DECEPTION

Blind spot one. Why do I keep doing the thing I know is hurting me?

Why.

Every plane carries a black box. Investigators do not start with the pilot's story because under pressure memory gets distorted. They start with the data. He says your life is the black box.

AI role.

Investigator. One question at a time. Uses only your answers as evidence. Returns hypotheses, not diagnoses. No flattery. No sucking up.

Real life.

He cites a Frontiers in Psychology finding that concrete negative feedback can reduce self-deception. Not trolls. People who have worked with you and already told you the truth once. He keeps a list of every hard piece of feedback and reads it as a mirror.

Caveat.

AI has no divine insights. It can overstate patterns. It is not a trained psychologist. Your own mind is not neutral either. Once you find a story that protects you, you stop asking a harder question.

HIS EXAMPLE

The pattern he named

He does not give candid feedback to his team, even when he knows it would help. He focuses on positives and avoids the uncomfortable conversation. He said your pattern might be inconsistent workouts, or work getting your best

LESSON 05

05

WHAT THEY SAID: RELATIONSHIP STORIES

Blind spot two. The stories we tell ourselves about other people.

Why.

Eli Finkel at Northwestern ran a study with 120 married couples whose relationships were slowly getting worse. Some wrote about their worst fights from the view of a neutral outsider who wanted the best for both, about 20 minutes. The decline for those couples stopped. The rest kept sliding.

The four-part gap.

What you meant. What you said. What they heard. What they interpreted. All four can be different. We bring a story into the room: she ignored me, he disrespected me, my employees are lazy. Every new detail gets recruited to reaffirm the old story. The distance between a conversation and a prosecution is tiny.

AI role.

Counterparty. Argue the other person's strongest fair case. Do not pretend to know their inner life. Do not take your side. Then: what they feel that you are not seeing, the weakest part of your argument, what they may need to hear. He says turn sound mode on and have a spoken conversation with the model.

Real life.

Replace accusation with observation. Name the behavior. Name the impact. Ask a curious question. Instead of "You do not care about me," try: "When I do not hear back from you for two days, I start wondering if this is important to you. Is that fair?" AI can unpack the story. You still have to face the person yourself.

LESSON 06

06

WHAT THEY SAID: **IDENTITY**

Blind spot three. The end-of-history illusion. Careers as clothes, not skin.

SANDEEP SWADIA

Why.

Researchers studied more than 19,000 people ages 18 to 68. People can look backward and see how much they changed. Looking forward, they assume they will not change that much. As if they arrived at a final version of themselves.

Athletes.

Sports researchers found athletes whose sense of self fused too tightly with the sport often have the hardest time when they retire.

His clothes, not his skin.

He wanted to be a monk and trained in an ashram. Then musician, mathematician, equity analyst on Wall Street, CEO of an AI company, board member, investor, now a YouTube creator. He says none of those roles formed his identity. He wore them and took them off.

AI role.

Mapmaker. A 30-day practical transformation map. Carry-over strengths. Strengths that become liabilities. What to leave. What you have never built. A small test before a big commitment. No 10-year life plan. No abstract purpose advice.

Real life and caveat.

Run the smallest real test. Do not quit the day job until the new adventure shows

LESSON 07

07

WHAT THEY SAID: **HARD FORKS**

Blind spot four. The decision you keep staring at. Quit or stay. Propose or wait.

SANDEEP SWADIA

Why.

He uses the end of Cast Away. Tom Hanks at a crossroad with a map. Both roads have a cost. You do not get to live both at once.

Gary Klein pre-mortem.

Before you decide, imagine the absolute worst scenario in detail. What went wrong? What did you ignore? What were you too excited to miss? What were you too afraid to admit?

AI role.

Simulator. Fail each option independently two years out. Work backward. For each road: most likely failure, first warning signs, the cost you cannot reverse. Do not tell you what to choose. Pressure-test assumptions.

Real life.

Jeff Bezos one-way vs two-way doors. A two-way door you can walk back through

LESSON 08

08

WHAT THEY SAID: **TRIALS**

Blind spot five. The story that stays after sudden failure.

SANDEEP SWADIA

Why.

His boss invited him to a fancy restaurant. He thought he was getting promoted. Mid-dinner, a brown envelope: we have decided to let you go. When failure comes that suddenly, the body shuts down. The blind spot is not the event. It is the story that stays. Why do I keep screwing up. I should not trust people. I should have never tried.

Writing.

A researcher at UT Austin found people who wrote about a painful experience for 15 minutes, four days running, were healthier months later. He says that has been his experience too.

AI role.

Debrief partner. Facts vs meaning. What was yours to control vs not. One thing to carry. One thing to leave. Interview one question at a time. Do not comfort. Do

not solve.

Hard caveat.

AI is not a therapist. For some traumas you need one. If this is grief or a weight you cannot lift alone, a language model is not the way. Talk to a close friend or an expert. You do not get to go back to who you were. You do not have to let the wound become your way of life.

His close.

Buddhist teaching pain and suffering are not the same. Pain is what happened

LESSON 09

09

THE PROMPTS (FROM THE VIDEO)

These are Sandeep Swadia's prompts from the talk. Copy them. Do not treat them as scripture. Under each one I put my caution.

SWADIA PROMPT 01 • INVESTIGATOR

Act as an investigator for my behavior. This is the pattern I keep repeating. [insert the pattern you keep repeating]

I want to understand three things.

1. Where my blind spots may be.
2. Why I keep avoiding them.
3. How I catch them before they are triggered.

Interview me one question at a time. Unpack my answer and based on it, ask me the next better question. Use only my answer as evidence. When you are ready, give me your best hypotheses, the evidence behind them, and the evidence that is still missing. Be respectful, candid, and direct. Do not motivate me or flatter me. Do not suck up to me.

Rick: Treat the output as a hypothesis. AI can interview you. It cannot replace conviction. After the interview, ask God to search you, then let a trusted person tell you the truth.

SWADIA PROMPT 02 • COUNTERPARTY

Act as the person I am in conflict with, or the person I am trying to communicate with. Do not pretend that you know their inner life.

Here is the situation in my own words. [describe the conflict]

Here is what I plan to say. [your side]

Do not take my side. Argue their case as they might, assuming they are smart and fair and have reasons that make sense to them. Then tell me:

1. What they most likely feel that I am not seeing.
2. The weakest part of my argument.
3. What they may need to hear from me.

Do not flatter me. Do not turn this into a therapy session. Help me rehearse the actual conversation.

Rick: Rehearse. Then go to the person. Matthew 18. Do not prosecute your spouse from a story in your head, and do not let a chatbot have the conversation for you.

SWADIA PROMPT 03 • MAPMAKER

Act as my transformation partner. You are my mapmaker. Map out my next move.

Here is where I am right now. [current role, strengths, habits, fears, what people reward you for]

Here is where I am trying to go. [new chapter: job, company, career, relationship, health, phase of life]

Interview me one question at a time to find the gap. Then give me an action plan and a map that bridges that gap. Answer these five questions:

1. Which of my strengths will still carry over?
2. Which strengths will become liabilities in this new chapter?
3. What do I need to leave behind even though it worked before?
4. What have I never built that is now needed?
5. What should I test for at least 30 days before I make a bigger commitment?

Do not give me abstract purpose advice. Do not flatter me. Do not give me a 10-year life plan. Give me a practical transformation map. Do not suck up to me.

Rick: A 30-day map is fine. Do not let a model tell you who you are. Roles are clothes. Identity is a son or daughter in Christ.

SWADIA PROMPT 04 • SIMULATOR

Act as my decision simulator. I am facing a fork ahead.

Option A: [describe]

Option B: [describe]

Here is what I know. [money, time, people, timeline, constraints]

Interview me one question at a time to understand the decision, then run a separate pre-mortem on each option. For each one, imagine it is 2 years later and that choice failed badly. Work backward and tell me why. Treat them independently so I can compare how each road fails differently.

For each road tell me:

1. The most likely way it will fail.
2. The warning signs I should see first.
3. The cost I cannot reverse.

Do not tell me what to choose. Be rigorous and systematic.

Rick: Count the cost. Luke 14. Pray. Write the funeral of each option. Then decide. Do not hide in research.

SWADIA PROMPT 05 • DEBRIEF

Act as a debrief partner for something difficult that I have gone through.

Here is what happened. [failure, loss, setback, betrayal, rejection, grief in plain language]

The story I have been telling myself about this is this. [about yourself, other people, trust, risk, love, work, the future]

Interview me one question at a time. Do not comfort me or try to find a solution. I just want to talk. Then help me understand:

1. The facts of what happened.
2. The meaning I keep attributing that is not about the facts.
3. What was mine to control and what was not.
4. One thing to carry forward, and one thing to leave behind.

Rick: If you are in deep grief, call a person. Do not confide your soul solely to a

MY NOTES

LESSON 10

MY NOTES

This is Rick. I sat with the video. This is my mindset for this family. Do not confuse this with Swadia.

10

I watched this because you are in my mentoring community and a lot of you are using AI. I do not want you using it only for chores. Frame this as FIVE BLIND SPOTS, not "five ChatGPT prompts." The prompts are tools. The spots are the lesson.

AI can be a thinking partner. It is not the Holy Spirit. It is not your spouse. It is not a therapist. It is not a prophet. Treat output as a hypothesis.

He is right that your own mind is not neutral. We lie to ourselves. We prosecute people from stories. We fuse a job to our name. We stall at forks. We keep telling a trial until the story becomes a prison. I am not throwing the whole talk out. I am putting it under the Word.

Blind spot 1. We lie to ourselves.

Ask God to search you. Then let a trusted person tell you the truth. AI can interview you. It cannot replace conviction. Keep the hard-feedback list. That part is good leadership. Just do not let a model be the only mirror in the house.

Blind spot 2. Stories we tell about people.

Write it out. Rehearse the other side. Then have the conversation. Do not prosecute your spouse from a story in your head. Observation, not accusation. That is wisdom. The assignment is still the person in the room.

Blind spot 3. Identity.

You are not your job, rank, or title. In Christ you can grow. Roles are clothes. Identity is a son or daughter. 30-day maps are fine. Do not let a model tell you who you are.

Blind spot 4. Hard forks.

Count the cost. Reversible vs irreversible. Pray, write the funeral of each option, then decide. Do not hide in research. A pre-mortem is not fear. It is stewardship. Then you still have to walk through the door.

Blind spot 5. Trials.

Pain is real. The story you keep telling can become a prison. Take thoughts captive. If you are in deep grief, call a person. Do not confess your soul only to a chatbot.

PSALM 139:23-24 KJV

"Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting."

MATTHEW 18:15 KJV

"Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother."

LUKE 14:28 KJV

"For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?"

JAMES 1:2-4 KJV

"My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing."

2 CORINTHIANS 10:5 KJV

"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

FAITH

God searches you first

Psalm 139. Conviction is the Spirit's job. A prompt can ask a sharper question. It cannot make you repent.

MARRIAGE

Go to the person

Write the four-part gap. Rehearse their strongest fair case. Then sit down with your spouse. Do not outsource the hard talk to a screen.

LESSON 11

11

THIS WEEK FOR **THIS FAMILY**

Pick ONE blind spot. Run the practice. Bring it to the 1:1 or the comments. Do not collect all five prompts and do nothing.

01

Name the spot

Self-deception. A story about someone. A role you fused to your name. A fork you will not walk through. A trial story you keep repeating.

02

Run the practice

Ask God first. Use the prompt if it helps. Then do the human work: hard feedback, the conversation, the 30-day test, the decision, or the friend you call.

03

Bring a witness

Tell me in the comments or bring it to the 1:1. Mentorship is obedience with a witness. A private prompt with no obedience is a hobby.

Do not collect all five prompts and do **nothing**.



LESSON 12

12

BLIND SPOT **DIAGNOSTIC**

Answer honestly. Your responses save in your browser.

WHICH BLIND SPOT WILL YOU WORK THIS WEEK?

Select...



NAME IT IN ONE SENTENCE.

Example: I avoid the hard conversation with my team. I already decided my :

WHAT IS THE HUMAN WORK AFTER THE PROMPT?

Who will tell you the truth? Who will you face? What 30-day test? Which door? Which friend?

WHERE WILL YOU BRING A WITNESS?

Select...



RUN DIAGNOSTIC

YOUR FIVE BLIND SPOTS CHECKLIST

- ☐ I watched the video. [Open Swadia video](#)
- ☐ I downloaded the PDF. [five-blind-spots-premium-guide.pdf](#)
- ☐ I read **WHAT THEY SAID** as his teaching, not mine.
- ☐ I read **MY NOTES** and I know the difference.
- ☐ I picked **ONE blind spot** for this week. Not five unused prompts.
- ☐ I treated **AI output as a hypothesis**, not a prophecy and not a diagnosis.
- ☐ I did the **human work** after the prompt. God. A person. A conversation. A decision.
- ☐ I brought a **witness** to the 1:1 or the comments.

DECLARATION OF CLEAR SIGHT

SAY IT WITH FAITH

- Father, search me. I refuse to lie to myself and call it peace.
- AI can be a thinking partner. It is not the Holy Spirit. It is not my spouse. It is not a therapist. It is not a prophet.
- I will treat every output as a hypothesis. Conviction belongs to You.
- I will not prosecute the people I love from a story in my head. I will go to the person.
- I am not my job, my rank, or my title. I am Your son. Roles are clothes.
- I will count the cost, pray, decide, and walk through the door. I will not hide in research.
- Pain is real. I will not let a trial story become my prison. I take thoughts captive.
- If the grief is heavy, I will call a person. I will not confess my soul only to a machine.
- I pick one blind spot this week. I run the practice. I bring a witness.

This is the YEAR OF DISCOVERY. GREATER IS COMING. In Jesus'

LESSON 15

15

PDF AND RELATED GUIDES

Take the assets. Do the work. Do not leave this as a nice read.

WATCH

SWADIA VIDEO

The Only 5 Prompts You Need To Change Your Life. 21:45.

[Open video →](#)

DOWNLOAD

THIS GUIDE AS PDF

Take the notes with you.

[Get the PDF →](#)

WORK

MY NOTES

One spot. One practice. A witness.

[Back to my notes →](#)

Live PDF: <https://guides.rickpina.cloud/five-blind-spots-premium-guide.pdf>

Video: Sandeep Swadia, [The Only 5 Prompts You Need To Change Your Life](#). I am not claiming this talk as my teaching. I curated it for mentees and wrote MY NOTES. Companion resource by Rick & Isabella Pina Coaching.

- **Patreon Premium Guide: Renew the Mind**
- **Patreon Premium Guide: There Are No Excuses Not To Engage AI**
- **Patreon Premium Guide: Confidence Is Built on Promises You Keep to Yourself**
- **Patreon Premium Guide: Consistency Compounds**

- **Patreon Premium Guide: High Road Leadership. Emotional Capacity**
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- **Featured Video: Sandeep Swadia**

YEAR OF DISCOVERY

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YEAR OF DISCOVERY • GREATER IS COMING