

Week 1: Watchman's Posture.

Ezekiel 33:1–7 · Tasks drop **Mon / Wed / Fri** (20–30 min each) · one 90-second drill a day if it serves you · the **Audit** closes the week **Saturday** · Sundays off.

This week: Why a man uses AI matters more than which model he picks; the posture sits above the tooling.

MONDAY — TASK 1 · Write Your Watchman's Charter (20–30 min)

Five lines. What AI is for. What it never replaces.

- 1. Open Claude (or your tool of choice) and give it no instructions yet — just sit with the blank page for a second.
- 2. Write five lines, in your own words: *(the steps are on the task card)*
- 3. Save it where you'll see it daily — phone wallpaper, the inside cover of your journal, taped to the monitor.
- 4. Post one line of your charter in the cohort channel so a brother can hold you to it.

WEDNESDAY — TASK 2 · Apply the Tiered Autonomy Framework (20–30 min)

Classify before you delegate. Informational, Contextual, Sensitive.

- 1. Learn the three tiers and what each one means for AI use: *(the steps are on the task card)*
- 2. Take five real tasks off this week's plate and write the tier beside each one.
- 3. For the Sensitive ones, decide right now what AI will and won't touch.
- 4. Keep the list — it becomes the seed of your Redlines in Week 11.

FRIDAY — TASK 3 · Build Your Watchman's Tool Stack (20–30 min)

Two to four tools. One line of purpose each. Empty rows are honest.

- 1. Open the AI Tools Landscape (the toolkit page) and read the tier ratings.
- 2. Pick 2–4 tools you'll genuinely use this cohort — resist the urge to collect.
- 3. Write one line per tool: "I use this for _____." If you can't fill the line, drop the tool.
- 4. Note which tier each tool sits in so you know your starting points from your specialty picks.

SATURDAY — Close the week (10 min)

- Read your Charter and your tier list back, out loud.
- Set ONE anchor for Week 2 and write it where you'll see it Monday. Then take Sunday off — rest is part of the post.

THE LINE TO HOLD

A watchman is told his charge before he stands his post. Write what AI is for — and what it never touches — before you run the tool for real. — “So you, son of man, I have made a watchman.” (Ezekiel 33:7)

This week's drills (optional — 90 seconds, one a day)

Charter line. In 60 seconds, write one sentence naming a task you will NEVER hand to AI. Say why out loud.

Tier sort. Take the next three things on your to-do list. Tag each one Informational, Contextual, or Sensitive.

Morning watch. Before email tomorrow, dictate your day's three must-ships to AI. Read them back. Decide which is the anchor.