

Week 2: Prompting Discipline + Voice Mastery.

Proverbs 18:13 · 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: The five-part prompt structure, and the dictation loop that turns a thirty-minute task into eight.

MONDAY — TASK 1 · Anatomy of a Watchman's Prompt (20–30 min)

The five-part structure that turns a vague ask into a sharp answer.

- 1. Learn the five parts of a complete prompt: *(the steps are on the task card)*
- 2. Take three of your real prompts from this week and rewrite each one using all five parts.
- 3. Run the old version and the new version side by side. Read the difference out loud.
- 4. Save your three best rewrites as templates — that's the start of your prompt library.

WEDNESDAY — TASK 2 · Voice Capture + Whisper Workflow (20–30 min)

Talk faster than you type. Build the dictation loop.

- 1. Set up your capture path: Apple Voice Memos, a Whisper-based app, or your phone's built-in dictation — whatever you'll actually open.
- 2. Dictate one real watchman's log per day this week: what you're wrestling with, what you decided, what's next.
- 3. Feed the day's dictation to AI and ask it to pull out the decisions and the open loops.
- 4. By Friday, refine the loop — what's the friction, and how do you remove it?

FRIDAY — TASK 3 · The Watchman's Audit (Weekly Rhythm) (20–30 min)

Saturday afternoon. AI summarizes the week. You set one anchor.

- 1. Pick your Saturday window — same time each week, fifteen minutes, non-negotiable.
- 2. Feed AI your week's logs and prompts; ask for a one-page summary of what you shipped and what slipped.
- 3. Read it honestly. Resist the urge to explain away the slips.
- 4. Set ONE anchor for next week and write it where you'll see it Monday morning.

SATURDAY — Your first Watchman's Audit (15 min)

- Run the rhythm you built Friday: feed AI the week's logs and prompts; read the one-page summary honestly.
- Set ONE anchor for next week. Then take Sunday off — rest is part of the post.

THE LINE TO HOLD

Structure is how you think before you ask. Give the order clearly the first time, and capture your best thinking before the day buries it. — “He who answers a matter before he hears it, it is folly and shame to him.” (Proverbs 18:13)

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

Five-part rep. Rewrite one lazy prompt from today using all five parts: role, context, intent, constraints, format.

Dictate it. Dictate a 90-second voice memo on the hardest decision you're carrying. Let AI pull out the real question.

Evening close-out. Tonight, tell AI what shipped and what slipped today. Write one note to tomorrow's self.