

## Week 3: Home Foundations.

*Ephesians 5:25 · 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:** A short wife audit, a five-year vision rewritten in your own words, and one hard conversation actually shipped.

### MONDAY — TASK 1 · The 5-Minute Wife Audit (20–30 min)

*A clean look at how you've actually been showing up.*

- 1. Open Claude. Brief it on your marriage stage and this month's stressors — no specific names or private details.
- 2. Ask: "If my wife described how I'm showing up this month — my presence, my words, my follow-through — what would she likely say?"
- 3. Read the answer twice. Notice the line that stings; that's the signal, not the noise.
- 4. Pray over it. Then ask her in person this week: does the audit match her experience?

### WEDNESDAY — TASK 2 · Write Your 5-Year Watchman's Vision (20–30 min)

*One paragraph each: marriage, fathering, body, money, spirit.*

- 1. Ask Claude to draft one paragraph for each domain: *(the steps are on the task card)*
- 2. Read each paragraph aloud. Cut every line that's a wish but not a decision.
- 3. Rewrite the survivors in your own words until it sounds like you, not the machine.
- 4. Print it. Read it the first Monday of every month.

### FRIDAY — TASK 3 · Prep One Hard Conversation (20–30 min)

*AI prepares the watchman. The watchman shows up.*

- 1. Use Claude to prepare: clarify what you actually want to say, anticipate their response, find words that are both kind and true.
- 2. Then have the conversation — without AI in the room. *(the steps are on the task card)*
- 3. Have it by Friday. Report in the channel that it shipped — not the contents, just that you showed up.
- 4. Afterward, log two sentences: what landed, what you'd do differently.

### SATURDAY — The Watchman's Audit (15 min)

- The standing Week-2 rhythm: AI summarizes the week's logs and prompts; you read it honestly — no explaining away the slips.
- Set ONE anchor for next week. Then take Sunday off — rest is part of the post.

#### THE LINE TO HOLD

AI breaks your own press; it never replaces knowing her. The mirror is for you — her actual words are the only ones that count. — "Husbands, love your wives, as Christ also loved the church." (Ephesians 5:25)

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

**One question.** Ask AI for one good question to ask your wife tonight that isn't about logistics. Ask it for real.

**Kid prompt.** Have AI suggest one conversation starter for each of your kids' ages. Use one at dinner.

**Drift check.** Ask AI: 'What's one way I might be drifting as a husband this month?' Sit with the answer before defending.