

## Week 5: Operator Foundations.

1 Corinthians 6:19–20 · 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:** Subscriptions audited, body wired as platform, and the first real Cowork workflow shipped.

### MONDAY — TASK 1 · Subscription Audit (20–30 min)

*Every recurring charge. Keep, kill, downgrade. Cancel three.*

- 1. Pull your recurring charges from your bank and card statements (last 90 days).
- 2. Feed the list to AI and ask it to group them and flag overlaps, dormant tools, and likely downgrades.
- 3. Make the keep / kill / downgrade call on each — you decide, not the AI.
- 4. Cancel at least three this week. Log the monthly dollars you freed up.

### WEDNESDAY — TASK 2 · Body as Platform (Movement + Sleep) (20–30 min)

*AI designs the cadence. You fix one variable.*

- 1. Ask AI to design a realistic weekly cadence from your actual schedule: roughly three strength sessions, a couple of walks, and a sleep target.
- 2. Run a five-night sleep audit — bedtime, wake time, how you felt. Let AI find the pattern.
- 3. Pick ONE variable to fix next week: a fixed lights-out, a morning walk, a hard stop on the screen.
- 4. Tell one brother in the channel which variable you picked.

### FRIDAY — TASK 3 · Ship One Real Cowork Workflow (20–30 min)

*One operator task, end to end. Review every step. Keep what works.*

- 1. Pick one real task you actually owe this week — not a toy example.
- 2. Brief Cowork on the task, the inputs, and the output you want.
- 3. Let it run end to end. Watch what it does; don't look away.
- 4. Review every action it took. Ship the parts that are right; redo the parts that aren't. Note where it needed your judgment.

### 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

The watchman who breaks his body breaks his post. One variable, held, beats five abandoned by Wednesday. — “Your body is the temple of the Holy Spirit... glorify God in your body.” (1 Corinthians 6:19–20)

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

**Leak hunt.** Name one recurring charge you forgot you had. Decide keep/kill/downgrade in 60 seconds.

**One variable.** Ask AI for the single highest-leverage change to your sleep this week. Commit to one night of it.

**Supervise.** Run one Cowork action and narrate out loud what it's doing as it does it. Catch the one step you'd change.