

Week 7: Cowork as Operator Infra.

Proverbs 16:3 · 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: Cowork's inventory + redlines mapped, a reusable prompt library you'll actually use, and a multi-step research workflow shipped on something real.

MONDAY — TASK 1 · Cowork Inventory + Redlines (20–30 min)

Five things to automate end to end. Five things you never will.

- 1. Read the Cowork docs enough to know what it can actually do.
- 2. List five categories of YOUR work it could automate end to end.
- 3. List five where Cowork is the wrong tool — pastoral, irreversible, voice-critical, relationship-critical.
- 4. Make the boundary explicit and write it down. This is the operator's half of your Redlines.

WEDNESDAY — TASK 2 · Build Your Cowork Prompt Library (20–30 min)

Five reusable workflows you'll run every week. Use two now.

- 1. Draft five reusable Cowork prompts for recurring work, such as: *(the steps are on the task card)*
- 2. Save them somewhere you'll actually find them — a note, a doc, a folder.
- 3. Run two of them this week on real work.
- 4. Refine the two you ran based on what the output got wrong.

FRIDAY — TASK 3 · Multi-Step Research Workflow (20–30 min)

Cowork researches across sources. You decide.

- 1. Pick a real topic you owe a decision on this week — a purchase, a strategy, a position.
- 2. Have Cowork research it across 3+ sources and synthesize into one brief.
- 3. Require it to surface the disagreements and what's uncertain — not just a tidy summary.
- 4. Read the brief, make the call, and write one line on why. Decide by Friday.

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

Draw the boundary before you build. The men who get burned by agentic AI are the ones who never decided what it shouldn't touch. — “Commit your works to the Lord, and your thoughts will be established.” (Proverbs 16:3)

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

Redline rep. Name one task Cowork should NEVER do for you. Add it to your written redlines.

Library add. Save one prompt you used today to your reusable library. You're building an arsenal one rep at a time.

Bring the neighbor. On one decision you're leaning toward, ask AI to argue the opposite case hard. Read it before you commit.