

The Watchman's Audit (Weekly Rhythm)

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

A watch that never reports is a watch nobody trusts. Build the weekly rhythm now and don't break it for the rest of the course: every Saturday, AI summarizes the week's prompts and your captured logs, you read the summary, and you set one anchor for the week ahead. One. The discipline isn't in the summary — it's in choosing the single thing.

THE ACTION

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

OPERATOR'S DISCIPLINE

Ten priorities is no priorities. The audit's whole job is to force you down to one anchor — the thing that, if you only did it, the week would still count.

SCRIPTURE

Lamentations 3:22–23 — "His mercies... are new every morning." The audit closes the old week clean so you can receive the new one. Don't drag last week's failures into Monday; name them, set the anchor, move.