

The Captain's Field Workbook

Fill it, save it, review it.

How to use this workbook

This PDF is fillable. Tap any shaded box and type - or handwrite on the lines - whichever fits how you work.

- Notability / GoodNotes: import the PDF, then write with the pencil or type into the fields. Your work saves inside the app, synced across devices.
- Apple Books / Preview / Acrobat: tap a field and type; it saves with the file.
- Print it: the ruled boxes are sized for a pen.

One section per SACA (Self-Assigned Captain's Action), three a week, plus a weekly Captain's Log. By the end of the Boot Camp this is the record of the captain you became.

SACA 1

Draft Your AI Charter

Five lines. What AI is for. What it never replaces.

Scripture: Habakkuk 2:2 - "Write the vision; make it plain on tablets, so that he may run who reads it." Your charter is the tablet.

What I did:

What shipped / what I learned:

SACA 2

Write Your 5-Year Captain's Vision

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

Scripture: Proverbs 29:18 - "Where there is no vision, the people perish." Including the captain himself.

What I did:

What shipped / what I learned:

SACA 3

Build Your Wheelhouse (Creed + Log)

Two sails at once - your Creed, and the morning send that runs it for you.

Scripture: Habakkuk 2:2 - "Write the vision; make it plain... that he may run who reads it." The Creed is the vision made plain.

What I did:

What shipped / what I learned:

CAPTAIN'S LOG - WEEK 1

What did AI do for me this week, and where did I keep my hand on the helm?

**WEEK 2
Body**

SACA 1

Weekly Movement Practice

3× strength + 2× walking. On the calendar. Not a wish.

Scripture: 1 Corinthians 6:19-20 - "Your body is a temple of the Holy Spirit. Glorify God in your body." The temple needs maintenance.

What I did:

What shipped / what I learned:

SACA 2

Captain's Meal Plan

Protein-forward, one-week plan. AI drafts. Whoever shops collaborates.

Scripture: Proverbs 31:15 - A wise household plans meals. The captain participates in the planning, not just the eating.

What I did:

What shipped / what I learned:

SACA 3

Automate Your Weekly Body Review

One body line a day in the Captain's Log. Sunday reads it back.

Scripture: 1 Corinthians 6:19-20 - "Your body is a temple... glorify God in your body." Stewardship is a rhythm, not a sprint.

What I did:

What shipped / what I learned:

CAPTAIN'S LOG - WEEK 2

What did AI do for me this week, and where did I keep my hand on the helm?

WEEK 3 Spiritual

SACA 1

10-Min Scripture Study, You Lead

Claude is a study partner. Not a commentary. Not a pastor.

Scripture: Joshua 1:8 - "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night."

Meditation is the captain's work, not the AI's.

What I did:

What shipped / what I learned:

SACA 2

Family Devotion Generator

Friday-night devo, built from Sunday's sermon. 10 minutes.

Scripture: Psalm 78:4 - "We will not hide them from their children, but tell to the coming generation the glorious deeds of the LORD."

What I did:

What shipped / what I learned:

SACA 3

The 5:25 Prayer Loop

A daily alarm to pray - and a weekly loop to see God answer.

Scripture: 1 Thessalonians 5:17-18 - "Pray without ceasing... in everything give thanks." The Loop does both.

What I did:

What shipped / what I learned:

CAPTAIN'S LOG - WEEK 3

What did AI do for me this week, and where did I keep my hand on the helm?

WEEK 4

Husbanding

SACA 1

The 5-Minute Wife Audit

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

Scripture: Ephesians 5:25 - "Husbands, love your wives, as Christ loved the church." Christ knew the bride. AI is a tool to help you know yours better.

What I did:

What shipped / what I learned:

SACA 2

Prep One Hard Conversation

AI prepares the captain. The captain shows up.

Scripture: Ephesians 4:15 - "Speak the truth in love." AI helps you find words; the Spirit gives you courage.

What I did:

What shipped / what I learned:

SACA 3

Stand Up the Weekly Family Meeting

A standing 20-minute huddle - agenda built before you sit down.

Scripture: Joshua 24:15 - "As for me and my house, we will serve the LORD." A house with no meeting drifts.

What I did:

What shipped / what I learned:

CAPTAIN'S LOG - WEEK 4

What did AI do for me this week, and where did I keep my hand on the helm?

WEEK 5
Fathering

SACA 1

3 Questions for the Dinner Table

Ask one tonight. Listen. Don't fix.

Scripture: Deuteronomy 6:6-7 - "You shall teach them diligently to your children, and shall talk of them when you sit in your house."

The dinner table is the house.

What I did:

What shipped / what I learned:

SACA 2

Run the Monthly Family Survey

A recurring pulse-check on the people you're leading.

Scripture: Proverbs 18:13 - "He who answers a matter before he hears it, it is folly." The survey is how you hear.

What I did:

What shipped / what I learned:

SACA 3

Write Your Family AI Policy

Built with the kids. What AI is for. What it never replaces.

Scripture: Proverbs 22:6 - "Train up a child in the way he should go." Including the way he uses tools.

What I did:

What shipped / what I learned:

CAPTAIN'S LOG - WEEK 5

What did AI do for me this week, and where did I keep my hand on the helm?

SACA 1

Tithe-First Budget

Giving (10%+) is line one. Everything else is line two onward.

Scripture: Malachi 3:10 - "Bring the full tithe into the storehouse... and thereby put me to the test, says the LORD."

What I did:

What shipped / what I learned:

SACA 2

The Values-Run Storehouse

Write what your house stands for - then make the money obey it.

Scripture: Matthew 6:21 - "For where your treasure is, there your heart will be also." The storehouse is a discipleship document.

What I did:

What shipped / what I learned:

SACA 3

Legacy Plan Starter

Will, beneficiaries, instructions to family. AI drafts. Lawyer signs.

Scripture: Proverbs 13:22 - "A good man leaves an inheritance to his children's children." Inheritance is documents and follow-through, not just dollars.

What I did:

What shipped / what I learned:

CAPTAIN'S LOG - WEEK 6

What did AI do for me this week, and where did I keep my hand on the helm?

**WEEK 7
Sabbath**

SACA 1

Plan Your Sabbath

A 24-hour disconnect protocol. What's in. What's out. Commit on paper.

Scripture: Exodus 20:8 - "Remember the Sabbath day, to keep it holy."

What I did:

What shipped / what I learned:

SACA 2

The Nightly Gratitude Journal

One line of thanks every night - the seventh sail, raised last, flown forever.

Scripture: Psalm 92:1-2 - "It is good to give thanks to the LORD... to declare your steadfast love in the morning, and your faithfulness by night." (A psalm written for the Sabbath.)

What I did:

What shipped / what I learned:

SACA 3

Teach One Person One Thing

Walk one brother through one thing you learned. Watch him do it once.

Scripture: 2 Timothy 2:2 - "What you have heard from me... entrust to faithful men, who will be able to teach others also."

What I did:

What shipped / what I learned:

CAPTAIN'S LOG - WEEK 7

What did AI do for me this week, and where did I keep my hand on the helm?

