CHAPTER 1: SETTING SAIL | TRY THIS NOW

Draw Your Workflow

Boxes, one circle, one idea for cutting the pain in half.

Draw your workflow in boxes, one step per box. Check the box that eats the most of your time. Then write down one way AI could cut that time in half. Quick and dirty is the point.

Workflow

Date

MAP Your workflow, step by step

Step 1

Time sink

Step 2

Time sink

Step 3

Time sink

Step 4

Time sink

Step 5

Time sink

Step 6

Time sink

Step 7

Time sink

Step 8

Time sink

CIRCLE The time sink

Step # I checked

Time it takes now

Target time (half)

One way AI could cut that time in half

What a human still has to do in that step

Want the full version with inputs, outputs, and a 30-day test plan? Use Appendix A.