

OPTIONAL DEPTH TRACK

The Watchman's Drills

Thirty-six ninety-second micro-prompts — three per week, one a day if it serves you. Skip without guilt; the drill is the rep, not the workout. Sundays are rest — drill off, family first. Each week's drills are themed to that week's work.

Week 1 · Watchman's Posture (Block I · Foundation)

Charter line	In 60 seconds, write one sentence naming a task you will NEVER hand to AI. Say why out loud.
Tier sort	Take the next three things on your to-do list. Tag each one Informational, Contextual, or Sensitive.
Morning watch	Before email tomorrow, dictate your day's three must-ships to AI. Read them back. Decide which is the anchor.

Week 2 · Prompting Discipline + Voice Mastery (Block I · Foundation)

Five-part rep	Rewrite one lazy prompt from today using all five parts: role, context, intent, constraints, format.
Dictate it	Dictate a 90-second voice memo on the hardest decision you're carrying. Let AI pull out the real question.
Evening close-out	Tonight, tell AI what shipped and what slipped today. Write one note to tomorrow's self.

Week 3 · Home Foundations (Block II · Home Mastery)

One question	Ask AI for one good question to ask your wife tonight that isn't about logistics. Ask it for real.
Kid prompt	Have AI suggest one conversation starter for each of your kids' ages. Use one at dinner.
Drift check	Ask AI: 'What's one way I might be drifting as a husband this month?' Sit with the answer before defending.

Week 4 · Home Systems & Stewardship (Block II · Home Mastery)

Devo seed	Turn one verse from Sunday into a single dinner-table question for the family. Keep it under 20 words.
Rhythm gap	Ask AI to spot the one recurring relationship that has no time blocked for it this week. Block it.

Legacy line

Write one sentence you'd want your kids to read if you were gone. Save it. Add to it weekly.

Week 5 - Operator Foundations (Block III - Business Layer)**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.

Week 6 - Business Operations & Stewardship (Block III - Business Layer)**Number you avoid**

Name the one business number you've been avoiding. Ask AI what it likely means. Look at the real one.

Comms template

Take a message you send weekly. Draft a reusable prompt for it in 90 seconds.

Firstfruits

Calculate 10% of this week's income. Decide where it goes before anything else gets allocated.

Week 7 - Cowork as Operator Infra (Block III - Business Layer)**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.

Week 8 - Operator Output (Block III - Business Layer)**Read it aloud**

Take one AI-drafted sentence. Read it out loud. If you wouldn't say it, rewrite it now.

Sign the call

Name one decision you've delayed. Write 'decided: ____' and a date. Then tell one person.

Your voice

Write one sentence about your work that only you could write — your scar, your conviction. Keep it.

Week 9 - Ministry Tools (Block IV - Ministry Layer)

Sermon action Take one point from Sunday's sermon. Turn it into one action with a day attached. Do it.

Better question Pick a familiar verse. Ask AI for three questions a careful teacher would ask of it. Answer one yourself.

Teach one point Draft one discussion question and one application for a passage you'd teach. Use it this week.

Week 10 - Discipleship at Scale (Block IV - Ministry Layer)

Feed yourself Ask AI for one verse and a one-line reflection for where you are today. Pray it before you scroll.

Seal check Name out loud one thing a brother told you in confidence that AI will never see. Hold the seal.

Disciple one Text one man one thing you learned this week that would help him. Multiplication starts with a text.

Week 11 - Sovereign Stack (Block V - Sovereign Stack)

Local run Run one prompt on your local model with wifi off. Confirm it still answers. Sovereignty proven.

Redline wire Pick one Sensitive category. Route it to local-only today. Make the boundary architectural.

Scope tight Ask: does any tool I use have wider access than it needs? Narrow one scope in 90 seconds.

Week 12 - Watchman's Charter (Block VI - Watchman's Charter)

Adjutant line Write the one sentence that captures your AI operating doctrine. It goes at the top of your Adjutant.

Pick the one Name the single tool you'll keep using after this course. Say why in one sentence.

Name the change In one sentence: what changed in you over these twelve weeks? Write it before you forget it.