

One week, one sail: the Wheelhouse.

Sail of the Week: *The Wheelhouse* (Creed + Log) · Habakkuk 2:2 · Rule: **ONE SACA completes the week** — do more only if you want to.

What you need: your iPhone, a free Claude account (claude.ai), 30 focused minutes on Monday, 2 minutes a morning after that.

MONDAY — Write the Creed + start the Log (30 min)

- 1. Open Claude and paste: *“Interview me on my identity in Christ, my marriage, my fathering, and how I lead my home; then draft a creed grouped by those domains — present and future tense, one Scripture anchor per section, ending on a line of grace. I’ll edit every word.”*
- 2. Edit every word. It’s covenant, not hype — keep only lines you’ll stand under.
- 3. Start your **Captain’s Log** — one note (or Habitify): today’s actions, one line each.

TUESDAY — Automate the morning send (10 min)

- 4. **Shortcuts** app → Automation → + → Time of Day → **6:00 AM**, Daily → *Show Notification* → paste your Creed (or its opening lines).
- 5. Run it once to test. Tomorrow it runs itself.

WEDNESDAY–SATURDAY — Live in the Wheelhouse (2 min a morning)

- 6. 0600: read the Creed when it lands. Out loud is better.
- 7. Then write today’s Log — the day’s actions, one line each. Who you are, then what you’ll do.

SUNDAY — Sabbath

- 8. Drill off. Open the **Captain’s Chart**, tap the dot on **SACA 3 — Build Your Wheelhouse** → week complete. (“One SACA is enough — skip the rest.”)

THE LINE TO HOLD

Creed + Log are two of the seven sails at once — the fastest leverage in the whole course. — “Write the vision; make it plain... that he may run who reads it.” (Habakkuk 2:2)

Want more this week? (all optional — the week is already complete)

SACA 1 — Draft Your AI Charter. Five lines: what AI is for in your life, what it never replaces. Post one line in the cohort.

SACA 2 — Write Your 5-Year Captain’s Vision. One paragraph each: marriage, fathering, body, money, spirit. AI drafts; you cut every wish that isn’t a decision.

Going Further. Build Your Tool Stack; the 7 daily drills live on the Week 1 page under “Optional depth.”