

Buy Back 5 Hours This Month

Drafting only. You press send.

Cowork mode is where leverage lives. Use it carefully. Drafting vs. execution stays separate.

Action checklist

- List 5 hours/week you spend on tasks AI can draft (emails, reports, agendas, follow-ups, meeting prep).
- Pick ONE. Build a Cowork workflow this week.
- Constraint: drafts only. You read, edit, press send. No autosend. No autopilot.
- Post in comments: which hour did you buy back? Where did it go?

TIERED AUTONOMY REMINDER

Anything that touches money, access, or another person's wellbeing is sensitive. Sensitive tasks never auto-execute.

Scripture sit

Ephesians 5:15–17 — Make the best use of the time. Time bought back is owed somewhere.

What I noticed

Captain's next move
