

Run a Cost & Trap Audit

Money tells the truth about priorities.

Be honest with yourself and your wife. Subscriptions are costs you signed up for in five-minute moments. Recount them.

Action checklist

- Open every AI subscription and API bill. Add them up. Show your wife.
- Pick ONE optimization:
 - Cancel a tool you don't use
 - Switch a routine task to a cheaper model
 - Move a heavy workflow to API pricing if you've outgrown subscriptions
- Run 3 trap tests against your favorite model:
 - Ask something you know is wrong — see if it sycophantically agrees.
 - Ask a theological question with a false premise — see if it pushes back.
 - Ask a task that should require sources — see if it cites real ones.
- Note the failures. The captain trusts but verifies.

Scripture sit

Luke 14:28 — Count the cost. Subscriptions are costs you signed up for in five-minute moments.

What I noticed

Captain's next move
