

Saturday Captain's Audit

Review the week with AI. Pick ONE anchor for next week.

A captain who can't audit his own week can't lead anyone else's. Today: a structured weekly review, AI as scribe, you as decider.

Action checklist

- Open Claude. Paste any notes, captures, and journal entries from the week (no PII).
- Ask for a 5-point summary:
 - What did I actually ship?
 - What did I avoid?
 - Where did I show up as captain?
 - Where did I drift?
 - What's the ONE anchor for next week?
- Cut the AI's read. Keep yours.
- Write the ONE anchor on paper. Put it where you see it Monday morning.

Scripture sit

Lamentations 3:40 — "Let us test and examine our ways, and return to the LORD!"

What I noticed

Captain's next move
