

7-Day Starter Routine

A seven-day manual practice plan to prove safe inputs, outputs, review, and update loops before adding developer tools or automation.

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If the manual path cannot survive a week, more tools will not save it.

Day 1 — Choose one workflow

Write the desired outcome and why the task is safe to test.

Day 2 — Create the context card

Add current season, priorities, tools, style, constraints, and red lines.

Day 3 — Run Capture or Research

Use one real non-sensitive input. Log what worked and what was unclear.

Day 4 — Run Draft

Ask for a draft and a review checklist. Do not publish or send it yet.

Day 5 — Run Review

Ask the AI to critique gaps, risk, tone, and owner gates. Fix the prompt from what failed.

Day 6 — Test three examples

Try three different inputs. Log the differences.

Day 7 — Decide

Choose one:

- keep;
- simplify;
- change;
- stop.

Then run the weekly self-update prompt:

```
Review the last 7 days using only what I provide. Ask up to 5 clarifying questions if needed. Then produce:
```

- ```
1. what changed;
2. what should update in my profile/context;
3. which goals, assumptions, prompts, or routines are stale and should be pruned;
4. which AI instructions, prompts, or review gates should change;
5. one simple next-week operating rhythm;
6. any risky actions that need owner approval.
```

```
Do not make clinical, medical, legal, financial, tax, crisis, or guaranteed-outcome claims. Keep risky actions draft-only.
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## Important boundary

DWAI shares practical AI and AI-developer-path resources for thinking, drafting, organizing, researching, reviewing, learning, coding, debugging, testing, building small AI apps, and shipping owner-controlled projects. This is not therapy, counselling, diagnosis, ADHD or addiction treatment, medical advice, legal advice, financial advice, tax advice, crisis support, regulated professional advice, or a guarantee of clarity, productivity, income, saved time, business results, jobs, clients, or any personal outcome. AI outputs are drafts. The owner approves risky action.

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## How to use this download

Use this resource for: A seven-day manual practice plan to prove safe inputs, outputs, review, and update loops before adding developer tools or automation.

- If you are new, start with the 20-Minute AI Starter Workflow, then use the full book and workbook as your main path.
  - Keep the Owner Approval Checklist nearby before acting on anything risky.
  - Use PDF for reading/printing, HTML for browser reading, and Markdown/TXT for AI study sources where available.
  - Treat AI outputs as drafts. Use PASS / HOLD before money, accounts, public posts, deletes, deploys, customer/private data, code changes, or regulated claims.
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