

Weekly Self-Update Sheet

A weekly prompt and checklist for refreshing context, pruning stale instructions, choosing the next build, and keeping owner gates current.

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Use this once per week to keep the system current and small.

Gather

- What did I ask AI to help with this week?
- What outputs did I actually use?
- What felt wrong, generic, risky, or stale?
- What did I avoid?
- What repeated?

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.

Owner review

Before accepting updates:

- I understand every suggested change.
 - No new risky action was approved by default.
 - Stale instructions were removed.
 - The system became clearer, not just bigger.
 - I chose one next-week routine.
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Update log

- Context card change:
 - Prompt menu change:
 - Owner gate change:
 - One next-week routine:
 - Thing I am not adding yet:
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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.

How to use this download

Use this resource for: A weekly prompt and checklist for refreshing context, pruning stale instructions, choosing the next build, and keeping owner gates current.

- 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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Optional: learn it with NotebookLM

NotebookLM is a third-party Google tool. If you use it, upload only public DWAI downloads or copied public resource URLs. Do not upload private notes, secrets, customer data, account screenshots, or completed workbook pages.

1. Create or open a NotebookLM notebook.
2. Add the public DWAI PDFs, Markdown files, or public resource page URLs as sources.
3. Ask NotebookLM: "Using only these DWAI sources, explain the path in plain English, make me a 7-day study plan, quiz me, and flag anything involving secrets, accounts, money,

public posting, deletion, deployment, customer or private data, code changes, or regulated claims as HOLD."

4. If your NotebookLM account has **Video Overview**, generate one for a video-style walk-through. If Video Overview is not available, use Audio Overview, briefing docs, study guides, or source-grounded Q&A instead.
5. Check NotebookLM's answer against the source citations before acting. AI study aids are drafts, not owner approval.

Do **not** upload completed workbook pages, context cards, customer/private data, private business records, passwords, API keys, 2FA or recovery codes, medical, legal, financial, tax, crisis, or sensitive personal details unless you have intentionally replaced them with placeholders and accept the tool's data terms.

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