

Pick one.

One change. Next two weeks.

1. One task I do every week that takes too long

the thing you'd hand off if you could

2. The AI move I'll try

which level, and on what — be specific

3. My accountability partner

someone whose day looks different from yours: another team, campus, or comfort level

Before you stand up:

Open your calendar and schedule a 15-minute coffee with your partner in the next 14 days. Not later. Now.

People who schedule it follow through about twice as often as people who mean to.

NOTES
