COMPANION TO: STOP READING ABOUT AI. BUILD ONE THING.

The Weekend Build Sheet

Four steps from Friday evening to Sunday night: one boring task, one tiny AI tool, finished.

Print it on Friday, write on it as you go and work through the four steps in order.

1 Pick the boring task

FRIDAY EVENING

List what you repeated this week. Tick the dullest one that takes ten minutes or more.

TASK I REPEATED THIS WEEK	TIMES	MINUTES EACH	CHOSEN
			☐
			☐
			☐
			☐

2 Write the one-line job

FRIDAY EVENING

Finish this before you open anything. If you cannot fill both blanks, shrink the task.

When I give it _____ **,**

it gives me _____ **.**

Scope check (tick all four, or cut the task down until you can)

- ☐ I can describe it in one sentence
- ☐ I know what a good result looks like
- ☐ No private details in my examples
- ☐ I can finish it by Sunday night

3 Build the rough version

SATURDAY

Use what you have to hand: a chatbot with a saved prompt, a no-code tool or an AI app builder. Three real examples, private details taken out, and keep it ugly.

I will build it with _____ Start time _____

#	WHAT I GIVE IT (PRIVATE BITS OUT)	WHAT A GOOD RESULT LOOKS LIKE	DID IT WORK?
1			☐ Yes ☐ No
2			☐ Yes ☐ No
3			☐ Yes ☐ No

4 Use it and fix one thing

SUNDAY

Run it on a real task, the way you would on a normal Tuesday. Fix only what annoyed you most, then stop.

The real task I ran it on

_____

What annoyed me most

_____

The one fix I made

_____

Version two ideas (parked, not this weekend) _____

Done means: I used it once on a real task, fixed one thing, and stopped. Not polished, not shared, just working.

☐ Done on Sunday at _____

Finish it by Sunday night. A tiny tool you actually use beats a big plan you never start.

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