



*What I Know This Week*

# **What we learned this week, so you don't have to**

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Issue 1. Oct 5 to 12, 2026



## THE PATTERN

# Most owners try AI once and quit

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They ask a vague question, get a generic answer and move on.

The fix is a routine you repeat.



**WORK SMARTER**

# **Pick one task you repeat every week**

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Estimates, follow-ups, schedules.

Start with the one that's high impact and easy.



WORK SMARTER

# Start the day knowing your first move

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A two-minute brief from your email and calendar.

What matters today, what can wait.



## MONEY AND RISK

# Know what AI costs you per person

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Any AI that acts for your business gets its own login, a spending limit and a log.



WORK SMARTER

## Faster doesn't mean freer

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A Harvard Business Review study found AI made people busier.

Decide what the saved hour is for first.



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**BUILT THIS WEEK**

# One QR code that never changes

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It's printed once and points to one page.

Workshop dates come from the people who signed up.



TRY THIS

# Your 15-minute exercise

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- 1 List ten tasks you repeat every week.
- 2 Circle the high impact, easy one.
- 3 Try it with AI this week.



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**YOUR MOVE**

# Reach out. Try it. Pass it on.

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*What's the one task you'd take off your plate first?*

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