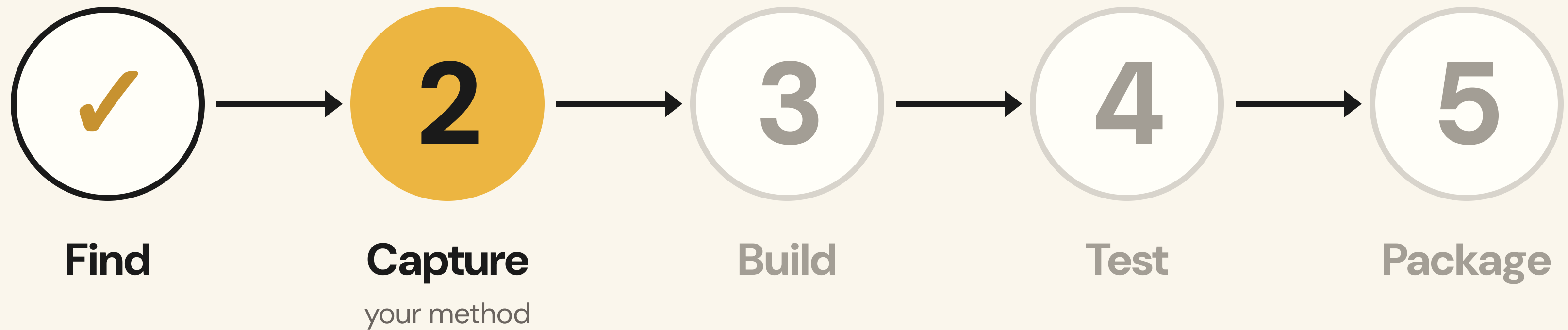


Capture what's in your head.

Day 2 of 5



Day 2: Capture it.



Your head isn't searchable.

~~In your head~~



On one page

No page, no AI tool.

A method has four parts.



Steps

what you do



Questions

what you ask



Red flags

what you spot



Rules

how you decide

Start with one real client.

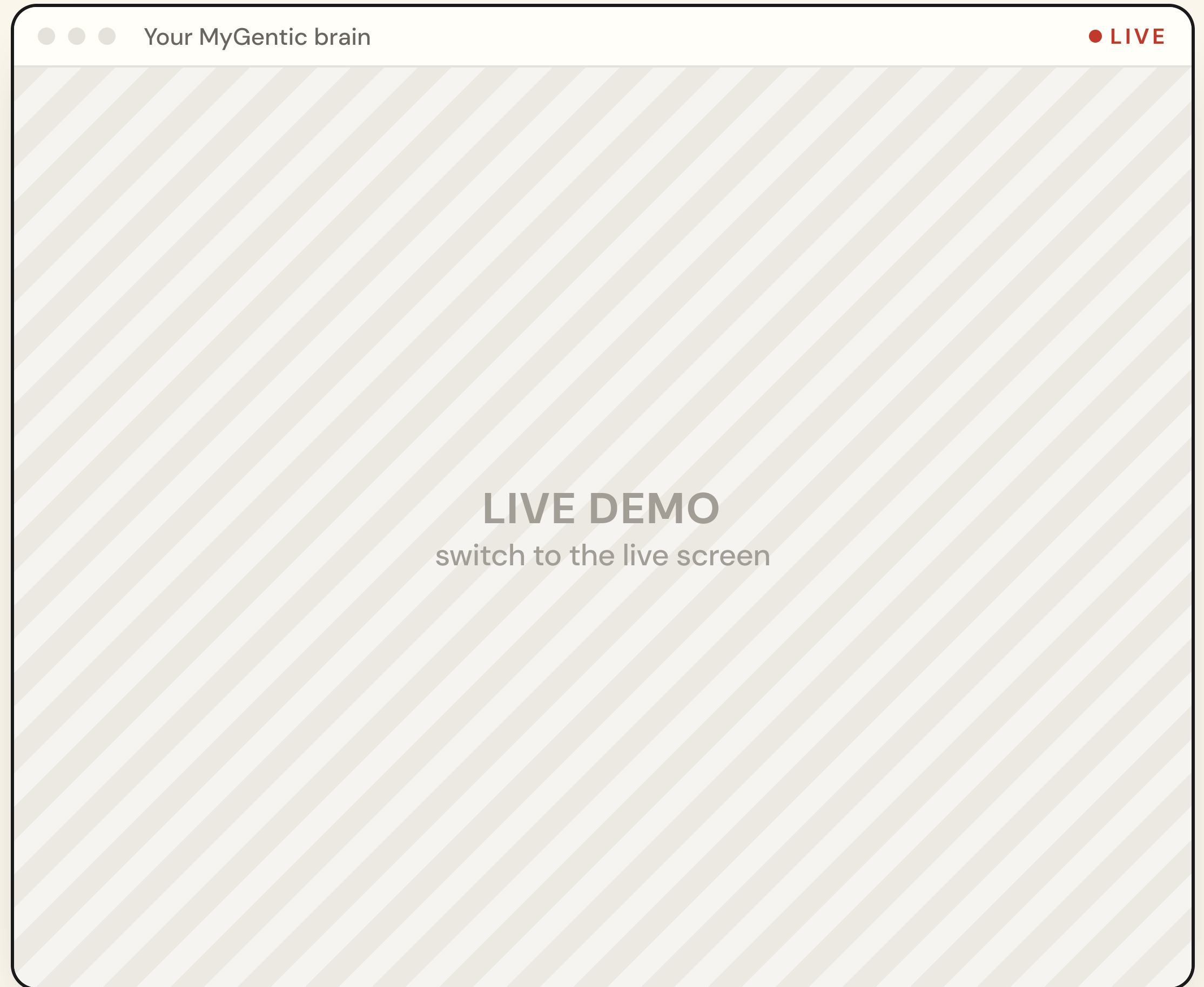
Tell it like a story. **No names.**



Walk through one client.

Hey Brain, walk me through my method

- 1 First thing you do
- 2 Then what?
- 3 How you know it's done



Walk through one real client.

First

Then

Then

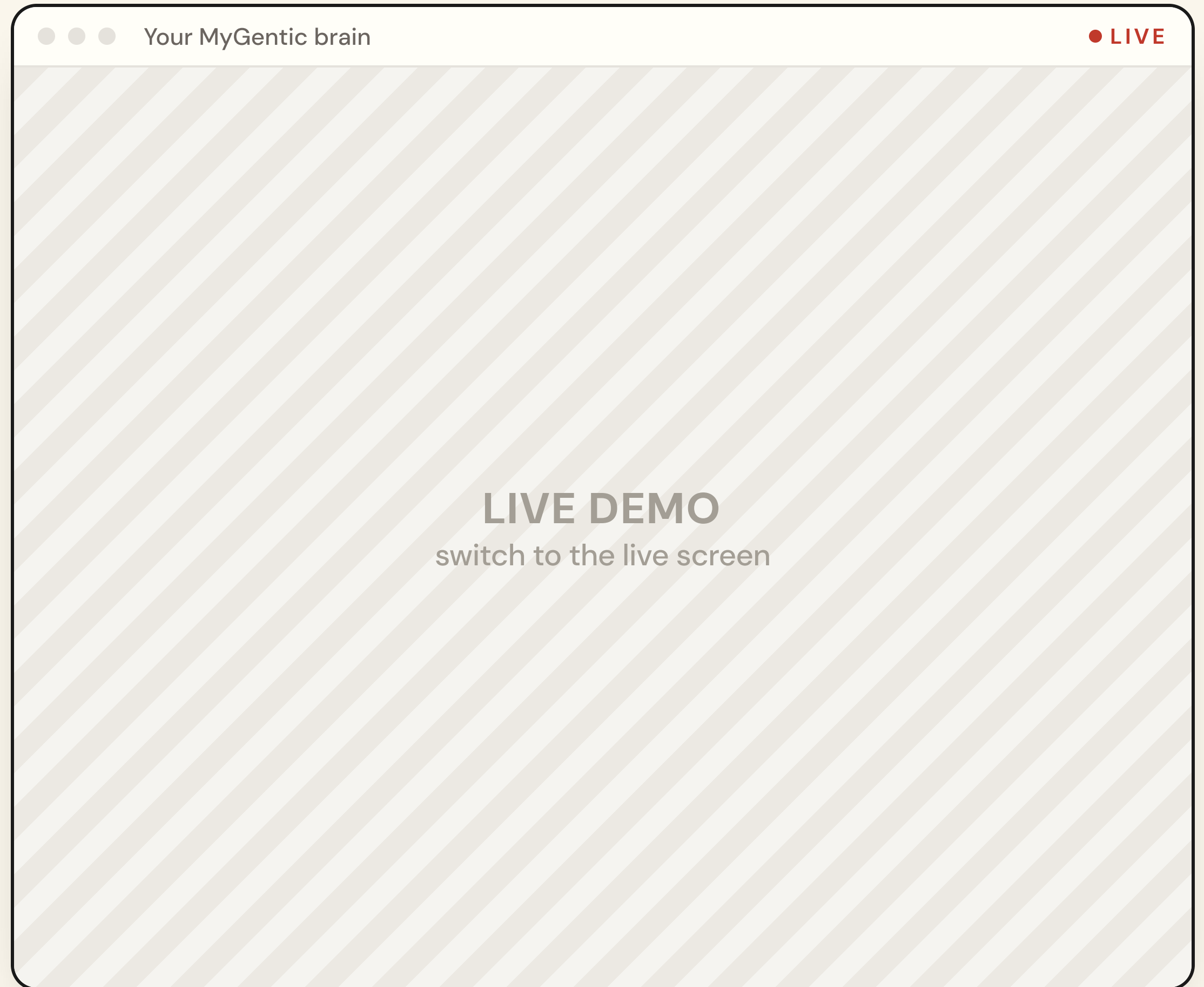
Done

Then: say “turn my method into a checklist”

Turn it into a checklist.

Hey Brain, turn my method into a checklist

- 1 5–9 steps
- 2 Questions and red flags
- 3 Fix it in plain words



The gold is in “it depends.”

~~Steps anyone knows~~

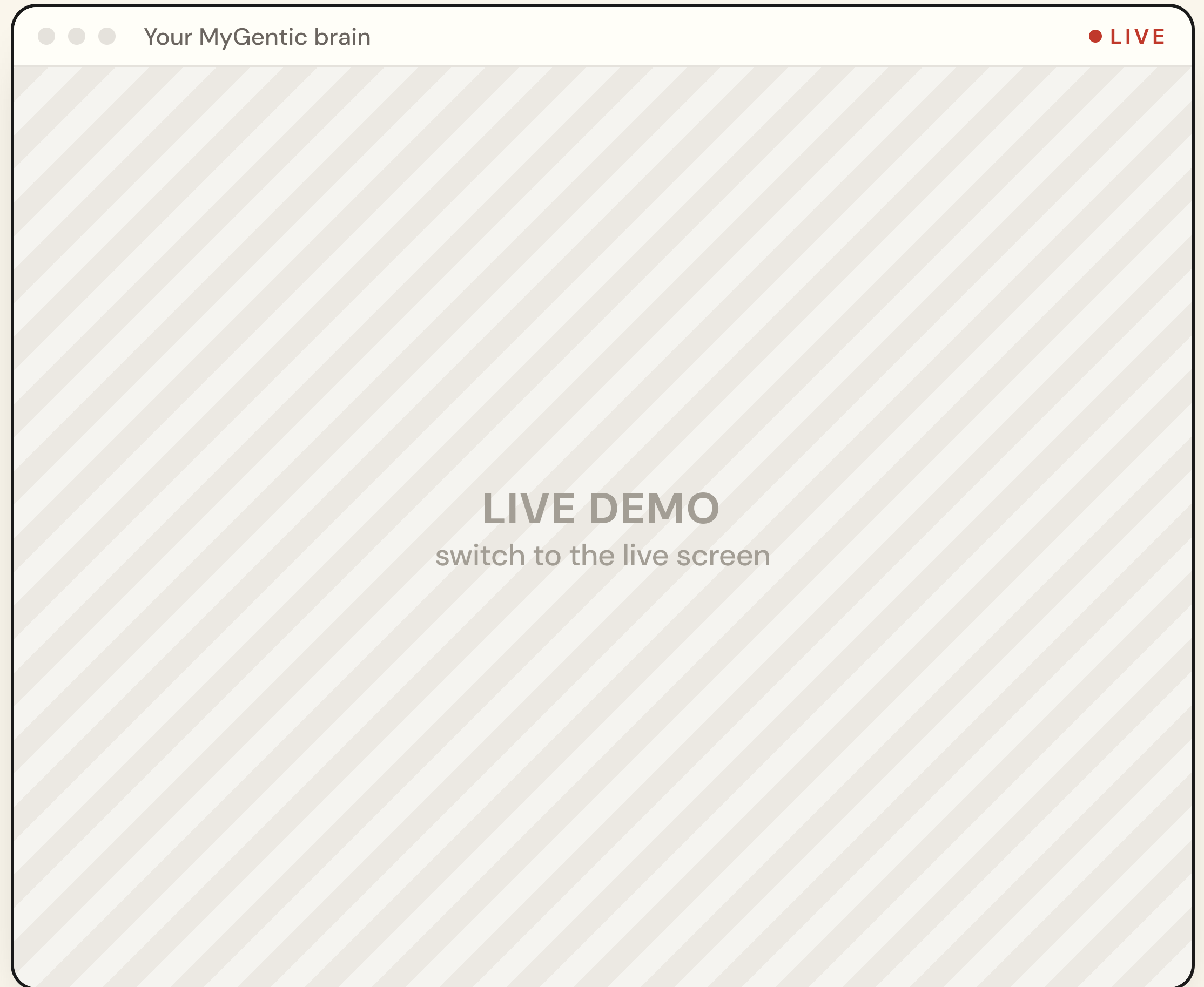


Your judgment

Find what you left out.

Hey Brain, what am I leaving out?

- 1 Your “it depends” moments
- 2 How you decide
- 3 Rules added



Add three judgment calls.

When I see...

I do...

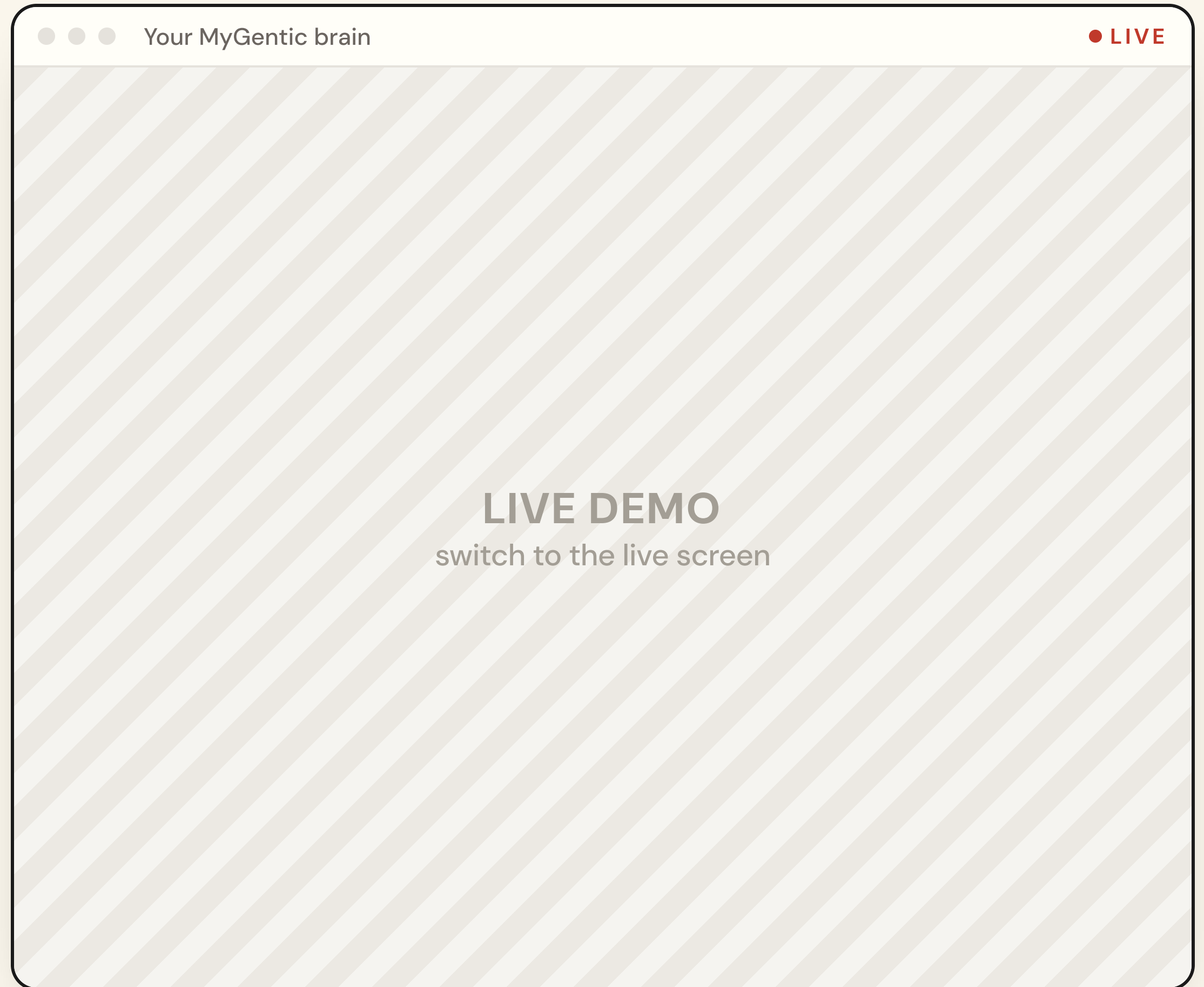
Because...

Then: add them to your checklist

Name your method.

Hey Brain, name my method

- 1 Five options
- 2 One pick
- 3 Make it yours



“My method has [n] steps.”

Post your win in Circle

1 **One document**
titled with your method name

2 **Test it on one person**
could they follow it?

3 **Collect three things you wrote**
emails, posts, notes