

One task. Three days.

The 3-Day AI Operator Challenge

Choose one small task. Use AI to help. Check the result. Put it into use.

Set aside about 20 minutes each day. Choose a task small enough for that window. Use an AI tool you already have access to; a paid upgrade is not part of this exercise.

Your three moves

- 01 Choose a finish line.
- 02 Produce and verify.
- 03 Test it in the real world.

A worked example

Task: a one-page brief for a short video.

Finished means: a clear opening, five shots, an ending, and a list of facts to confirm.

AI helps: draft a sequence from the supplied brief.

I check: requirements, factual claims, missing details, and whether the sequence works.

Reality test: ask the intended editor whether they can act on the brief.

This starter adapts selected ideas from the book's One-Bet Page, Before the Prompt, verification exercises, and "Touch reality." It is not the first three days of the full 30-day challenge.

Make one small bet.

Before opening a chat, choose what you will finish and what you will leave alone for three days.

By the end of this challenge, I will finish:

It will be useful to this person or situation:

I will know it is finished when:

NOT NOW: three attractive distractions I am setting aside:

Instruction to try

“Help me complete this task within my definition of finished. Keep suggestions inside this scope. Flag assumptions and missing information. If I drift into a different project, remind me what I chose.”

Before you stop: make sure someone else could recognize your finish line.

Keep your judgment.

Make a first version. Then check the work against your brief. A model's self-critique can help, but it is not independent verification.

What can AI help produce, and what decision remains mine?

Facts or assumptions I must check outside the chat:

How I checked them, and what I found:

One correction I made before using the result:

Check three things: factual accuracy, fit to the brief, and consequences if the result is wrong. Use appropriate expert help when a task exceeds your competence.

Let reality answer.

Finish or test the small task. Share it with its intended recipient, use it in the intended setting, or ask someone relevant to try it. Private work can stay private.

The external action I took:

What happened? Include the obstacle if I did not finish:

What will I keep or change next time?

My next small action:

Continue with *AI Won't Save You*

The book includes nine chapters, twelve practical workflows, the full 30-day AI Operator Challenge, and the Operator Kit. It also explores responsibility and purpose from a Christian perspective.

[Explore the book and a free excerpt](#)
ai-wont-save-you.jnjwork.workers.dev