

AI Clarity Sprint

Start every week with focus and intention.

This sprint is designed to help AI-Augmented Leaders begin each week with **clarity, alignment, and momentum**. Use it to direct your focus, surface obstacles early, and simulate forward progress with AI as your co-pilot.

Step 1: Set Priorities That Align with Mission and Outcomes

Prompt:

“What are the 3 most important outcomes I want to drive this week—and why do they matter?”

Use AI to:

- Reframe vague tasks into clear outcomes
- Align to your strategic north star
- Identify what not to focus on

Example Prompt for ChatGPT or Claude:

“Help me clarify my top 3 priorities for the week based on this list of tasks. Which ones best align with my strategic goals?”

Step 2: Identify Blockers Before They Derail Momentum

Prompt:

“What could slow me down, distract me, or get in the way of progress this week?”

Use AI to:

- Anticipate friction points
- Surface hidden dependencies
- Create contingency thinking

Example Prompt:

“Act as a strategic advisor. Based on my top priorities, what potential blockers should I anticipate and how might I address them?”

Step 3: Simulate Success to Create a Proactive Leadership Mindset

Prompt:

“If this week ends in success, what will I have done? What will others notice about my leadership?”

Use AI to:

- Visualize what good looks like
- Reverse-engineer effective actions
- Embed confidence through clarity

Example Prompt:

“Describe what a successful Friday looks like for me based on my goals. What behaviors, decisions, or results would define it?”

Optional Bonus Prompts

- “What do I need to **say no** to this week to protect my focus?”
- “Where could I create **leverage** through better delegation or co-creation?”
- “What’s one way I could use AI to **think better** this week?”