

Build your next chapter with evidence and a plan.

It is my birthday, October 6, and I want a clear plan for what comes next. Here are real parts of my plan, plus the files to build your own with Claude, ChatGPT or the AI you already use.



Actual excerpt from page 7 of my working PDF, *The Second Curve*, v9, September 28, 2026. The original footers retain September 27. The two teaching appearances have source pages you can check.

I like books and reading a plan in one sitting. The PDF gives me the whole picture; the editable files let an agent and me keep working.

[Open the article and starter kit](#) | [Tom Ferry source](#) | [Social Media Examiner source](#)

Start with the week you want to live.



This four-circle diagram is from page 4 of my working PDF. It helps me consider what I love, what I am good at, what people need and what they will pay for. It is a worksheet for asking questions.

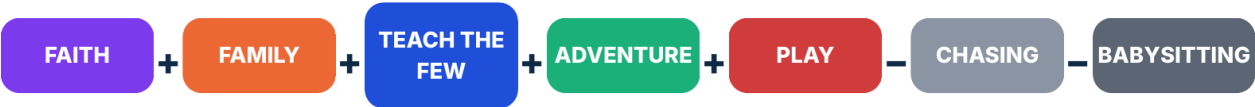
For me, systems and teaching fit together. I teach young men to put AI agents to work for the contractors who keep America running. Your plan should fit your own mission.

Write your one-page vision

- Whom do I want to serve?
- What do I want to be known for?
- What do I want to build?
- What does a good week look like?
- What will I stop doing?

Ask the agent to find conflicts between your goals and your time. Choose a personal measure as well as a work measure.

Make room for a life you enjoy.



My original happiness formula, page 29: faith + family + teach the few + adventure + play - chasing - babysitting. Yours may look different.

READ TO THINK BIGGER

Accelerando (Charles Stross) and **the Culture series** (Iain M. Banks). Many readers start the Culture with *The Player of Games*.

The Culture's ship Minds each run a whole world — the ultimate version of **fewer, bigger agents**.

Three reading nights a week, 45 minutes, phone in another room.

Selected original reading card, page 29. A specific target: three reading nights a week, 45 minutes, phone in another room.

FRIDAY JOY SCORE

One question at 3pm Friday: "This week, 1 to 10?" After 12 weeks you'll see which weeks made you happy — and what was in them.

The original Friday Joy Score card, page 29, proposes a weekly 1-to-10 rating and a look back after 12 weeks.

Trampoline hoops sessions a week in Vegas	not tracked	3
Friday joy score (1-10)	starts Oct 2	trending up

Original page 33 scorecard. Columns: metric, September planning baseline, December 31 target. Hoops: not tracked, target 3 sessions weekly in Vegas. Joy: starts October 2, target trending up. These are plan entries, not verified results.

Borrow the structure: name the life you want, set a specific target and decide what evidence you will record. DENNIS-EXAMPLES.md includes these examples; build your plan from your own goals.

Collect the proof that fits your vision.

Use EVIDENCE.csv to record each material claim, its source, its date, what it supports and its limits. Keep your own description separate from independent evidence.

Evidence	What to look for
Results	A documented outcome and permission to share it
Expertise	Work, licenses, research or useful teaching
Content	A talk, lesson, guide or recorded explanation
Recognition	A third-party interview, review or citation
Relationships	A shared project or documented interaction

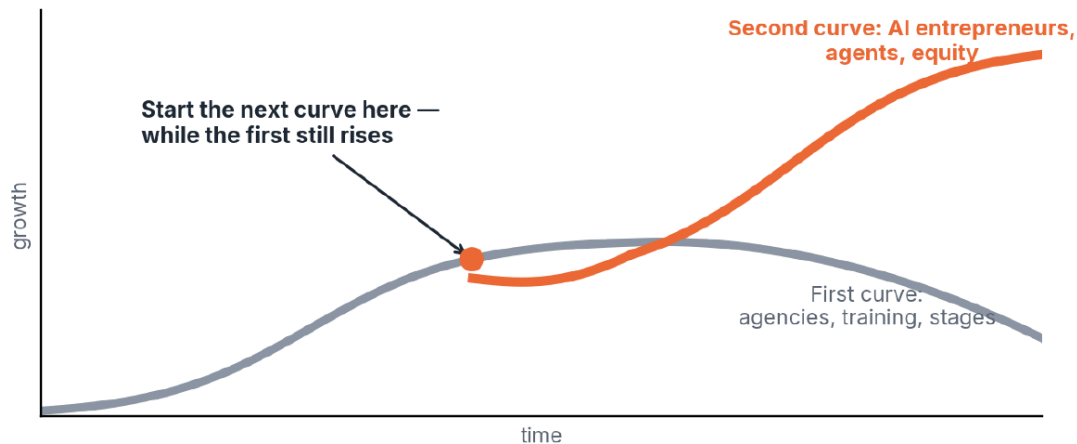
Two actual records from my page 7 inventory: [Tom Ferry teaching appearance](#) and [Social Media Examiner interview](#). The source pages support experience teaching digital marketing to those audiences. They do not establish expertise in every topic I might pursue next.

A photo together establishes that you were together. A shared project establishes more. Match the words to the evidence.

Ask your agent: Which parts of my vision does this evidence support? Which claims need more proof? What relevant experience have I failed to document?

Leave missing evidence as UNKNOWN. An honest gap tells you what to work on next.

Begin the next curve while you can build it.



Illustrative — the shape, not your numbers. Credit where due: the idea comes from [Charles Handy](#), the Irish management writer, in *The Second Curve* (2015).

Actual chart from page 9 of my working PDF. It is illustrative, not a revenue chart or forecast. The idea is credited to Charles Handy, *The Second Curve* (2015). [Book source](#).

Choose up to three priorities for the next 90 days. Connect each one to your vision and to a gap the evidence revealed.

- Name a measurable result and the starting point.
- Give it one owner, a next action and a review date.
- List dependencies and what would change your decision.
- Define the evidence required to call it complete.

Work from the real target: My page 29 reading entry says three nights a week, 45 minutes, phone elsewhere. I can choose the nights, protect those blocks and record which sessions actually happened. Those next actions are a translation of the source entry into a ledger; the original target is not proof I did it.

Put the next action where you can find it.

Fill VISION-AND-PLAN.md first. Use this page for rough notes, then return the decisions to the editable files.

My audience and mission

What a good week looks like

My strongest evidence and the gap it reveals

My top 90-day result

Owner, next action and review date

Use ACTION-LEDGER.csv for execution and SESSION-STATE.md for the handoff. Mark proposed, drafted, completed and verified work separately.

Pick the AI you already use.

ChatGPT: Create My Second Wave as a project. Add your documents to Sources. Paste AGENT-CONFIGURATION.md into project instructions. [Official guide](#).

Claude: Create My Second Wave as a project. Add documents to project knowledge. Paste the configuration into Set project instructions. [Official guide](#).

Another assistant: Upload or paste the files in a chat. Ask which files it can read. Save the updated plan and handoff after each session.

Add your bio, a few examples of your work and rough goals. Keep passwords elsewhere. Use information you have permission to use.

Your first prompt

Help me build my Second Wave plan using the attached configuration and workbook. Tell me which files you can actually read. Clarify my vision, map my authority with sources, identify the gaps and choose up to three 90-day priorities. Keep facts, my decisions, proposals and unknowns separate. Create an editable plan and action ledger. Where file creation is available, make a readable PDF; otherwise provide a print-ready version. Begin with a short evidence summary and at most three useful questions.



[Scan or open the setup page](#) - Download and unzip the editable kit. This is a set of files to use in your workspace. It does not connect accounts or install a plugin.

Keep the record useful.

Check your first result. Ask the assistant to name its readable files, state one goal you supplied, cite one piece of evidence and identify a next action tied to that goal. Open the source. Correct misunderstandings before expanding the job.

At the end of each session: Save the current plan, evidence, ledger and session state. If the assistant cannot save files, have it give you the updated text to save. Keep dated PDF snapshots alongside the current editable record.

Each week: What changed? What finished? What did we learn? What needs a decision? Did the week support the life you wanted? What are the next three actions?

The starter configuration begins with research and drafts. Authorize particular actions and tools when you need them. A file cannot grant email access or override platform permissions. Check any recurring review after the platform saves it and inspect its first run.

Want our team to help?

Our white-glove implementation service is **\$7,500**. The Local Service Spotlight team helps implement this, and I am involved too. Tell us what you are trying to build and where you feel stuck. We will discuss fit and scope.

[Ask about Second Wave implementation](#)

Go deeper

[Full Second Wave article](#)

[Current skill installation guide](#)

[Public skill library](#)

[Shared-memory setup](#)

[Why I keep portable files](#)

Public starter adaptation v1.1, October 6, 2026. Selected original PDF excerpts are shown with their source pages. Original source: The Second Curve v9, September 28; its page footers retain September 27. The worksheets and reader configuration are adaptations.