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FOUNDATION · CHEAT SHEET

Every framework, on one page

Tap any tile to jump to its module. Built to scan in 30 seconds, not 30 minutes.

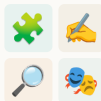
CORE MENTAL MODEL



M01 · CORE MODEL

Junior analyst

You brief, AI assembles, you own.



M01 · WHAT AI IS GOOD AT

Four task families

Synthesis, drafting, pattern, rehearsal.



M01 · WHAT TO WATCH

Four failure modes

Invention, context blindness, generic, no accountability.

PROMPTING



M02 · THE RECIPE

RCCO

Role · Context · Constraints · Output.



M02 · ITERATION

The three follow-ups

"What did you assume?" "Cut 50%."
"Argue the opposite."

TOOLING AND SAFETY



M03 · THE DISCIPLINE

Routing, not loyalty

Where data stays, what kind of job, where work lives.

CUSTOMER_A

M04 · THE SAFE PASTE

Placeholder scheme

The sensitive layer never leaves your desk.

THE WORKFLOWS



Ask Gary