

Chapter 11 Resources

Build Systems That Compound

Reflection Questions · Builder Exercises · AI in Action

REFLECTION QUESTIONS

Reflect on these before moving on. Write your answers somewhere you will return to.

1. Are the parts of your life arranged as a wheel, where each one feeds the others, or as scattered carts rolling in different directions?
2. Where in your life are you chasing goals on motivation alone, when a system would do the work more reliably?
3. Are you in a flywheel or a doom loop, building momentum in one direction, or starting over every time things get hard?
4. Which handoff in your Athlete Enterprise Flywheel™ is weakest, the place where one capital is failing to feed the next?
5. What is one effort you are about to begin that does not actually turn your wheel, and could be cut?

BUILDER EXERCISES

A flywheel is built by connecting parts, not by trying harder. Each of these takes under an hour.

1. Map your flywheel. Draw the Builder's Five Capitals™ as a circle, with arrows showing how each could feed the next for you specifically. Mark the one handoff that is currently broken. That is where to push.
2. Turn a goal into a system. Pick one goal you keep failing to reach on willpower, and design a simple repeatable system that would produce it automatically. Then run the system, not the goal.
3. Build one system. Choose one of the four systems, personal, learning, business, or AI, and build or improve one process this week that reduces friction in your wheel.
4. Audit for friction. List everything currently taking your time and energy. Beside each, write which part of your flywheel it turns. Cut or shrink anything that turns nothing.

AI IN ACTION

If systems are what keep the flywheel turning, then AI is how a single person now builds and runs systems that used to require a team. Use it to reduce the friction at every stage of the wheel.

Start by mapping the machine. Try this.

“Here are the five capitals of my enterprise and what I am doing in each: [describe yours]. Act as a systems strategist. Help me see how each one could feed the next into a flywheel, identify the weakest handoff, and suggest one repeatable system or automation that would make the whole wheel turn more easily.”

Then put AI to work as the bearing on the axle. Use it to automate the repetitive turns, the scheduling, the follow-ups, the first drafts, the research, the routine analysis, so that your scarce human attention is reserved for the parts of the wheel only you can turn. A well-built set of AI systems can keep large parts of your enterprise moving while you sleep, which is the closest thing to a flywheel that turns itself.

And keep the centaur rule from the last chapter. Let AI handle the friction. You set the direction. The machine can spin the wheel faster, but only you decide which way it should turn.