



Invite AI to Your Workbench (Without Losing Focus)

Three problems, the prompts that fit them, and the stack behind them.

Shiny object syndrome is procrastination disguised as preparation.

In 2025 I was planning my first iPhone app. I had everything I needed to get started. Instead I spent time and energy comparing customer support and community tools I have still never used. I was solving a problem that didn't exist. These pages are organized by problem, not by tool: pick the one that's true for you this week. The argument for why sits in the newsletter; this is the practical half.

START HERE

We usually become blind to work that's repetitive and boring, because we get good at executing it on autopilot. So before you delegate anything, sort it:

HAND IT OVER

Work that isn't meaningful. Autopilot work: the work that uses your hands and not your head.

DO IT YOURSELF FIRST

Work that's hard, in an area you want to get good at. Do the hard work a few times to build the neuronal connections and deeply understand what's going on.

And keep in mind AI is not always the answer. Sometimes you need a tool that's more deterministic, other times a mix.

01 Decisions

For when you've been circling the same choice for weeks.

I'm stuck on a decision: `[describe it in a paragraph]`.

Before you give me any advice, show me:

- the points I might be missing
- the perspectives I might be missing
- the conflicts in my logic
- the long term versus the short term

Then reframe my default option – doing nothing – as a loss rather than a safe choice. Make the framing vivid.

There's a clear distinction between using AI as a tool to make better decisions, and wanting AI to make decisions for us.

Going deeper: score the options instead of arguing with yourself

Currently I have the following competing priorities:

- `[Project A]`
- `[Project B]`
- `[Project C]`

Please create a weighted average decision matrix. Ask me all the relevant details you need, then prompt me with questions so you can calculate the final score.

02 Learning something new

For when you want to learn the thing, not collect resources about the thing.

I want to learn `[topic]` so I can `[what you want to be able to DO]`.
I can commit `[15 minutes a day]` for `[four weeks]`.

Do the research, then build the plan in phases:

- by the end of phase one I want to be able to `[X]`
- by the end of phase two I want to be able to `[Y]`

Each phase: a short reading list with real links, one thing to build that week, and a checkpoint I can honestly pass or fail. Keep the reading short – the point is to build the same week I read.

Name the failure mode I'm most likely to hit. Finish with a checklist I can track. Ask me for anything you're missing before you start.

Two ways I've experienced learning with AI: embedded in the experience, or building the plan. This is the second.



03

The boring, repetitive work

For when you catch yourself doing the same thing by hand every week.

Here's something I do by hand every week: [\[describe every step out loud, as if explaining it to a new colleague\]](#).

Tell me which steps are pure logic that needs no judgment, which need my judgment, and which genuinely need AI. Then show me the smallest piece I could automate this week – one step, not the whole thing.

One of the greatest value propositions of AI is changing how we do work, so we can focus on the meaningful work that keeps us motivated. I use n8n to send myself a sales report for my mobile app — mostly plain logic, barely any AI in it.

WHEN TO SWITCH TOOLS

01

HITTING A WALL

Experiment for at least 15 minutes. Avoid tools with no track record.

02

MAJOR BENEFITS

Trial it for one to two weeks. If the feature is a game changer, your current tool may catch up in a couple of months.

03

PERIODIC CHECK

Decide how often you'll look. For instance, commit to your task manager for a year.

Compare these two products. The use case I have is the following: [\[...\]](#)

The full argument — and when not to switch at all — is in the newsletter.

MY STACK · SEPTEMBER 2026

Thinking it through	Claude · ChatGPT
Researching properly	The same two, with research mode on · or Google AI Mode for a quick comparison
Studying a subject	Gemini Notebook — it centers its knowledge on the sources you give it. The audio overview is for hearing your own idea in someone else's voice, not for publishing
Talking, not typing	Wispr Flow — referral link , one free month. Easiest if you work from home
Your files and context	Claude Cowork + Obsidian
Automating, no code	n8n — start with the workflow templates, not a blank canvas
Coding	Claude Code · Glaze — Glaze if you don't write code

Full disclosure: I work at n8n, so I'll naturally feel more inclined toward it than the competition. I dictated the first draft of this sheet and let Claude shape it for the PDF version — the material and the calls are mine. My newsletter is always written by me.



Use AI intentionally.

You don't need to try every new tool or model. AI levels the playing field — the biggest gains go to the people who started furthest behind.

READ THE FULL ARGUMENT

jorgecalle.com/invite-ai