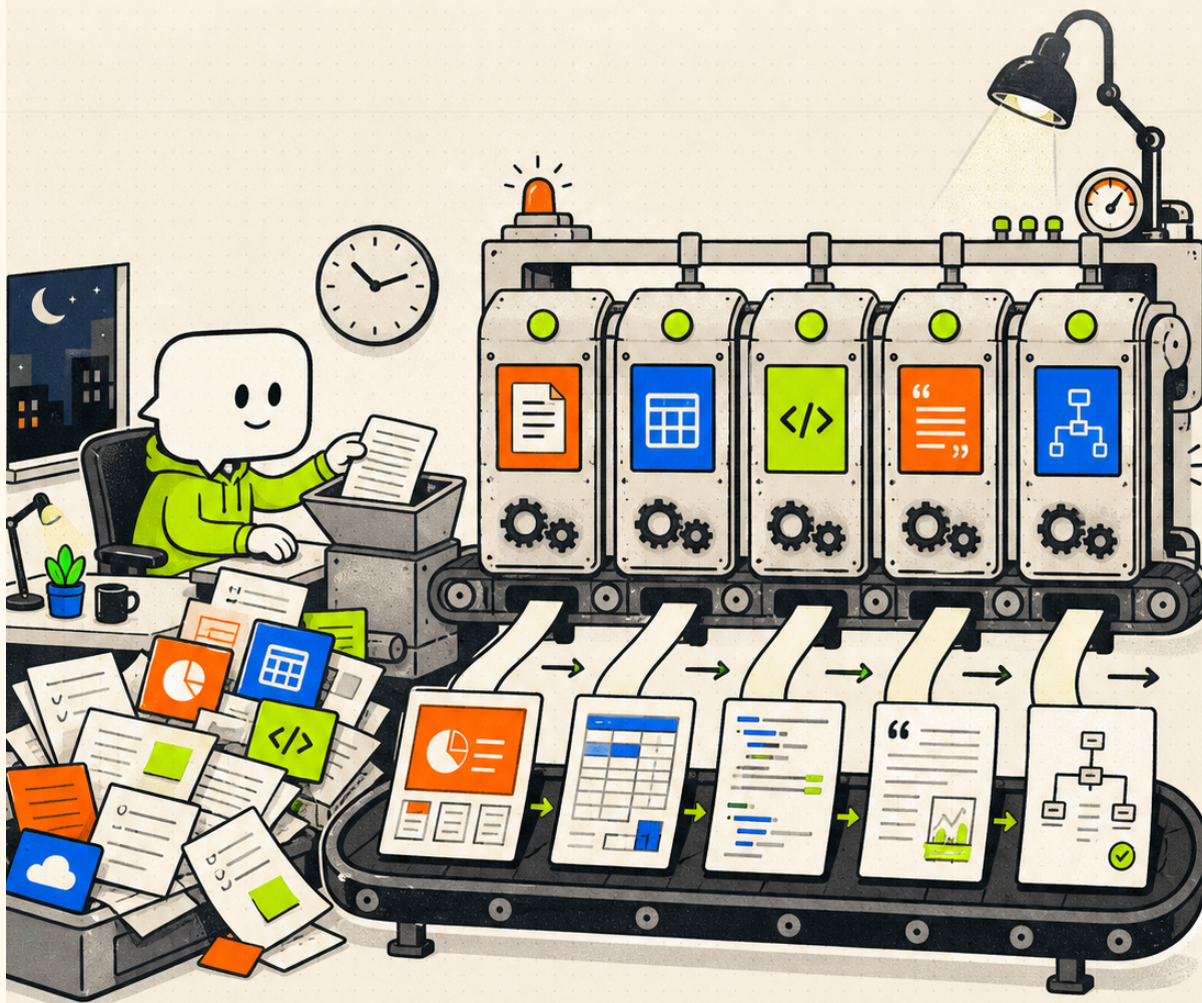


Give AI a **SHIFT.**

The delegation brief for getting finished work instead of another very articulate status update.

4 SYSTEMS + 5 WORKING PROMPTS



Most prompts describe a topic. Real delegation describes a finish line.

"Research the market and make me a strategy."

That sounds clear because a human can quietly fill in the missing context. A system cannot know which sources count, what the artifact should look like, what it may change, or when it must stop.

SHIFT PREMISE

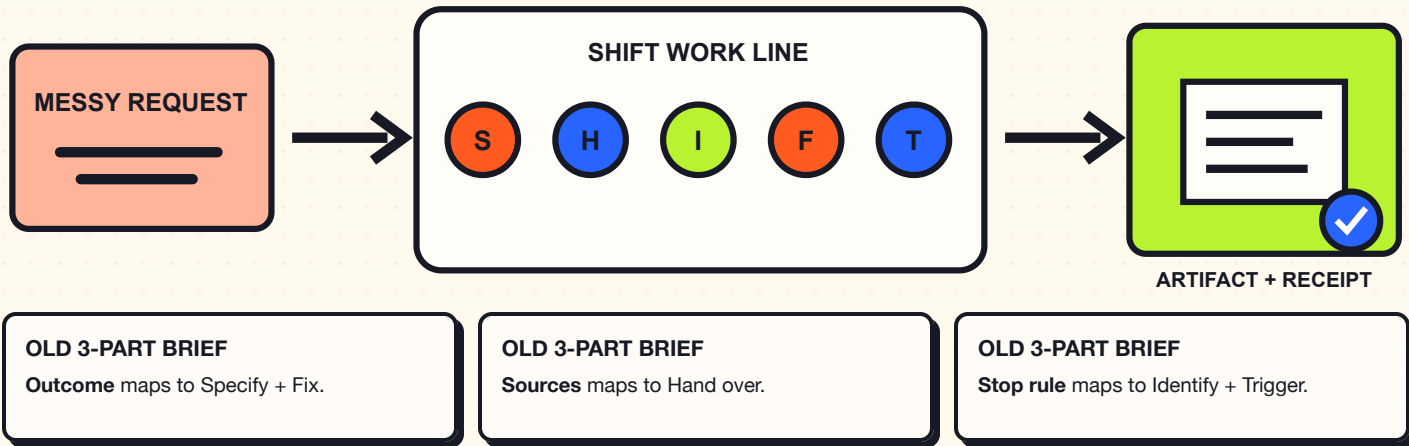
Do not ask for help. Define a shift of work with an artifact, a source boundary, a finish line, and a handback condition.

- **A named artifact**, not a vague outcome.
- **Approved evidence**, not ambient internet memory.
- **Visible constraints**, not assumed judgment.
- **Acceptance checks**, not "looks good."
- **A stop rule**, not unlimited autonomy.

SHIFT does not make a model infallible. It makes the work auditable, because you can see what it was told to make, which evidence it was allowed to use, and what "done" had to mean.

SHIFT turns a request into a work contract.

S SPECIFY Name the exact artifact, audience, format, and destination.	H HAND OVER List the sources, date window, access path, and source hierarchy.	I IDENTIFY Make boundaries, exclusions, permissions, and risks explicit.	F FIX Define objective checks that prove the artifact is finished.	T TRIGGER State exactly when to pause, retry, escalate, or hand back.
--	--	---	---	--



Copy this before you specialize it.

SHIFT MASTER BRIEF

S | SPECIFY THE ARTIFACT

Create [exact artifact] for [specific audience and decision]. Deliver it as [file type, native app, dimensions, or repository path] named [filename]. The artifact must contain [required sections] and should be written in [voice or operating standard]. Save or return it at [destination].

H | HAND OVER THE SOURCES

Treat these as authoritative, in this order: (1) [source/path/date range], (2) [source/path/date range], (3) [approved external sources]. Build a source map before drafting. Attach a source link, file path, or line reference to every load-bearing factual claim. If sources disagree, preserve the conflict and trigger the handback rule. Do not fill gaps from memory.

I | IDENTIFY CONSTRAINTS

You may [permitted actions]. You may not [publish, send, spend, delete, change credentials, modify production, contact people, or expand scope]. Do not add packages, create accounts, alter source files, or infer sensitive facts unless I explicitly authorize it. Keep changes limited to [scope].

F | FIX THE FINISH LINE

The work is complete only when: [objective check 1]; [objective check 2]; [objective check 3]; all links open; calculations reconcile; required tests pass; and the final artifact has been reviewed against [template, rubric, or examples]. Run the checks yourself, then report the result of each one. "Draft complete" is not a finish condition.

T | TRIGGER A HANDBACK

Pause and return a decision request if [source conflict], [missing permission], [material ambiguity], [risk threshold], or [scope threshold]. Retry a failed reversible step no more than [N] times, changing one documented variable per attempt. After the cap, stop. Otherwise continue until the artifact, verification results, and handback receipt are complete.

HANDBACK RECEIPT

Return: artifact location; sources used; checks run and results; changes made; assumptions avoided; unresolved items; approvals still required.

USE CONCRETE NOUNS

"A 10-slide launch brief" beats "a presentation." "The July 1 to July 14 support export" beats "customer feedback."

USE OBSERVABLE CHECKS

"Every claim has a source link" beats "make it accurate." "All repository tests pass" beats "make sure it works."

Write the stop rule before you start the shift.

Trigger a handback when...

- ☐ Two authoritative sources conflict on a material fact.
- ☐ A required source is missing, inaccessible, or stale.
- ☐ The next action sends, publishes, spends, deletes, or changes access.
- ☐ The task would touch credentials, personal data, production, or legal language.
- ☐ The scope exceeds the named folders, files, records, or budget.
- ☐ A deterministic retry cap is exhausted.

Keep working when...

- ☐ A reversible formatting choice can be resolved from the supplied standard.
- ☐ A failed check has a clear, low-risk fix inside the approved scope.
- ☐ The source hierarchy already resolves a disagreement.
- ☐ A missing detail can be marked explicitly without inventing it.
- ☐ The system can verify the artifact using the checks you supplied.

Five acceptance checks that actually work

1

EXISTENCE

The named file exists at the named location.

2

COVERAGE

Every required section or case is present.

3

EVIDENCE

Claims point back to approved sources.

4

FUNCTION

Links, formulas, tests, or branches work.

5

BOUNDARIES

Nothing outside scope was changed.

Deterministic retry pattern: attempt counter starts at 0, one variable changes per attempt, the same check runs again, and the path stops after attempt 3 whether the work passed or failed.



SYSTEM 01

ChatGPT Work: connected-app campaign brief

Best fit: a multi-source knowledge task that must end in polished native artifacts, not a chat summary. [1][2]

SLACK

customer signal

DRIVE

research + template

GMAIL

pilot threads



FINISHED WORK

10-slide brief + source sheet
links checked, claims mapped

PASTE INTO CHATGPT WORK

S | SPECIFY

Create a campaign decision pack for Loomiq's AI Agent Operations offer. Deliver (1) a 10-slide Google Slides deck named "AI Agent Operations – July Campaign Brief" and (2) a Google Sheet named "July Campaign Source Map." The audience is a founder choosing one campaign angle for the next 30 days. Slides: decision; audience tension; 3 evidence-backed pains; proposed promise; proof assets; channel plan; 3 content concepts; lead magnet; risks; next 7 actions. Use the visual template in @Google Drive /Content OS Automation Engine/Brand/Templates.

H | HAND OVER

Use only: @Slack messages from #customer-signal and #sales from June 15 through July 15, 2026; @Google Drive /Content OS Automation Engine/Research from the same date range; and @Gmail threads carrying the label "Agent Pilot." Build the source map first with columns: claim, exact excerpt or datum, source URL, source date, confidence, deck location. Deduplicate repeated claims. A claim appearing in multiple messages is not automatically true. Use approved web research only to verify a claim already present in those sources, and link the primary source.

I | IDENTIFY

Read only. Do not send Slack messages or email, edit source files, publish, purchase media, create calendar events, or change positioning outside the evidence. Do not invent customer quotes, metrics, market size, or urgency. Separate verbatim excerpts from your synthesis.

F | FIX

Complete only when all 10 slides exist; every factual claim links to a source-map row; every recommended angle cites at least 3 independent source items; the deck contains one clear decision rather than a list of options; no slide exceeds 45 words; all links open; spelling is checked; and the final recommendation includes one reason not to choose it.

T | TRIGGER

Pause if the Drive template is missing, fewer than 12 distinct source items exist, two authoritative sources materially conflict, or a source contains sensitive customer information that should not appear in the deck. Otherwise continue through source map, outline, deck, verification, and receipt. Do not ask for approval on reversible formatting choices that the template resolves.

RECEIPT

Return both file links, source count by app, checks and results, material conflicts, excluded sensitive items, and the one decision still requiring human approval.



SYSTEM 02

Claude Code: scoped bug fix with receipts

Best fit: repository work where the system can inspect code, edit files, run project commands, and report the diff. [3][4]



PASTE INTO CLAUDE CODE

Work in the current repository. Start in Plan Mode and inspect AGENTS.md, package.json, the nearest tests, and the implementation path before proposing a change.

S | SPECIFY

Fix the dashboard defect where choosing a new date range updates the visible label but leaves the KPI request on the previous range. The finished artifact is a minimal code patch plus a regression test. Preserve the current UI and API contract.

H | HAND OVER

Treat repository code, repository instructions, existing tests, and package scripts as authoritative, in that order. Find the date-range state owner, request-key construction, and any existing test for query invalidation. Cite file paths and line numbers in the plan. Derive commands from package.json or project docs instead of assuming a package manager.

I | IDENTIFY

Do not add or upgrade packages, change environment files, touch database schema, rename public APIs, rewrite adjacent state management, or modify more than 5 files. Do not use destructive git commands. Preserve user changes already in the worktree. You may add one focused test helper only if an existing helper cannot express the case.

F | FIX

Before editing, reproduce the bug with a failing automated test that proves the request uses the stale range. Then make the smallest coherent fix. Completion requires: regression test passes; relevant test suite passes; typecheck and lint pass if the repository defines them; no snapshot changes unrelated to this defect; diff contains no debug output, disabled checks, or broad formatting churn; and a final manual trace shows UI selection -> state -> request key -> API parameters all carry the same range.

T | TRIGGER

Stop before editing if the defect cannot be reproduced, if fixing it requires an API or schema change, if repository instructions conflict, if secrets appear in output, or if the patch would exceed 5 files. Run no more than 3 fix-and-test cycles. In each cycle, record the failed assertion and change one causal hypothesis. After cycle 3, stop with evidence instead of weakening the test.

HANDBACK RECEIPT

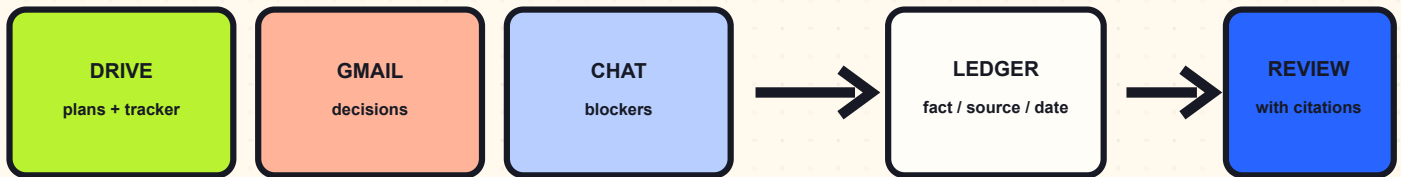
Return: root cause; files changed with one-line reasons; commands run and exact outcomes; before/after behavior; remaining uncertainty; worktree items you intentionally did not touch. Do not commit unless explicitly asked.



SYSTEM 03

Gemini: cited operating review from Workspace

Best fit: synthesis across Google Workspace sources where every conclusion can point back to the listed source. [5][6]



PASTE INTO GEMINI

Select @Google Drive, @Gmail, and @Google Chat when prompted so the named Workspace sources are explicit.

S | SPECIFY

Create a weekly operating review for Loomiq covering July 6 through July 12, 2026. Generate a Google Doc named "Loomiq Weekly Operating Review - 2026-07-12" with: executive readout; commitments made; work completed; missed commitments; active blockers; decisions required; metric table; and next-week owner/action/date plan. The audience is the founder making Monday priority decisions, so lead with exceptions and decisions, not activity volume.

H | HAND OVER

Use only: @Google Drive /Loomiq/Operating Plan/Q3 Plan, /Loomiq/Trackers/Weekly Metrics, and meeting notes dated July 6 through July 12; @Gmail threads from the same window with labels Client, Product, or Finance; and @Google Chat messages in the Loomiq Ops space from the same window. Create an evidence ledger first with: statement, source title, source link, source date, owner, and whether it is fact, commitment, or interpretation. Review the source links Gemini lists, and omit any statement whose source cannot be opened.

I | IDENTIFY

Do not send email or Chat messages, change tasks or calendar events, edit source documents, infer intent, or turn a tentative discussion into a commitment. Do not include personal information unless it is necessary to an operating decision. Mark missing metric values as "not reported" rather than estimating them.

F | FIX

Complete only when every commitment has owner and date; every metric shows current value, prior value, target, and source; every missed commitment has a cited status; duplicate updates are consolidated; interpretations are labeled; all links open; the seven-day window is enforced; and the review ends with at most 5 decisions ordered by consequence and urgency. Export the finished review to Drive and retain the evidence ledger as an appendix.

T | TRIGGER

Pause if a requested Workspace source is unavailable, dates or owners conflict, a metric definition changes during the week, or more than 3 decisions lack a clear owner. Otherwise continue through ledger, synthesis, verification, document generation, and receipt.

HANDBACK RECEIPT

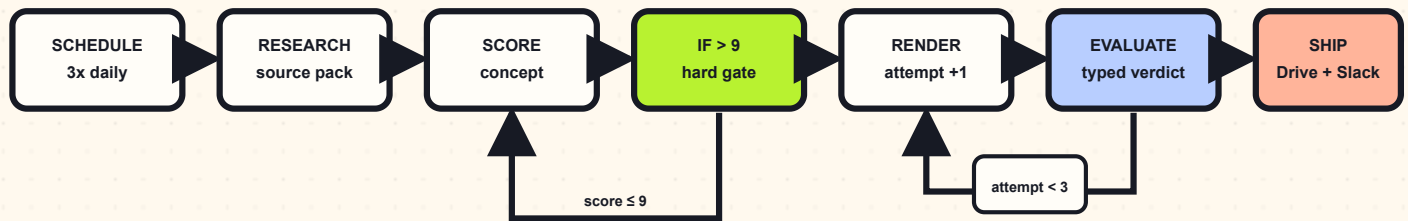
Return the Doc link, source count by app, omitted unsupported statements, unresolved conflicts, checks run, and the exact decisions requiring the founder.



SYSTEM 04

n8n: deterministic content production loop

Best fit: recurring work where routing, retries, caps, error handling, and side effects must be visible as nodes. [7][8][9]



PASTE INTO N8N AI WORKFLOW BUILDER

Build a visible, deterministic n8n workflow named "Content OS – Research to Render – v1". AI may generate research, concepts, captions, and evaluations, but AI must not control routing, retry counts, approval boundaries, or daily caps. Do not use an AI Agent node for flow control.

S | SPECIFY

Run at 08:00, 13:00, and 18:00 America/Chicago. Produce up to 3 distinct 9:16 reel renders per calendar day, then stop. Save each research packet, concept evaluation, prompt, render, and final receipt under Google Drive /Content OS Automation Engine/YYYY-MM-DD/. Post the final MP4, caption, score breakdown, and Drive link to Slack only after all gates pass. Create drafts only. Never publish to a social platform.

H | HAND OVER

Add a Config node containing timezone, score_threshold=9.0, max_daily_renders=3, max_attempts=3, target_width=1080, target_height=1920, and Drive folder path. Research through Perplexity with primary links, then verify load-bearing claims through OpenAI or Gemini. Normalize output to strict JSON: concept_id, topic, audience_pain, promise, hook, storyline[6], visual_plan[6], caption, lead_magnet_keyword, sources[], novelty_score, value_score, evidence_score, visual_score, total_score. Reject malformed JSON before scoring.

I | IDENTIFY

Use explicit Schedule Trigger, Edit Fields, HTTP Request, Code, If, Switch, Loop Over Items, Wait, Google Drive, Slack, and Error Trigger nodes. Credentials must use n8n credentials or environment variables, never literal secrets. Add an idempotency key of date + concept_id + stage. Do not overwrite existing Drive files, send duplicate Slack messages, expose credentials in logs, or continue after a cap. Keep generation and evaluation prompts in named Edit Fields nodes so they are inspectable.

F | FIX

Gate 1: total_score must be strictly greater than 9.0. Gate 2: daily successful_render_count must be below 3. Gate 3: render must be 1080x1920, 24–30 seconds, decodable, non-black, and have no frozen segment longer than 1.5 seconds. Gate 4: evaluator returns exactly pass, render_fail, or concept_fail plus reasons. pass → Drive + Slack; render_fail → increment attempt and rerender with one prompt variable changed; concept_fail → increment attempt and return to research for a different concept. The same attempt counter applies across both branches and stops at 3. After every side effect, write status and idempotency key to the tracker.

T | TRIGGER

Use If and Switch nodes for every branch. Stop when successful_render_count=3, attempt_count=3, required credentials are missing, verification finds a material unsupported claim, or Drive/Slack returns a non-retryable error. Error workflow must record execution ID, node, status code, concept_id, attempt, and next safe action. No branch may loop without incrementing a visible integer counter.

RECEIPT

End each execution with JSON containing execution_id, concepts_researched, gate_failures, renders_attempted, renders_shipped, Drive URLs, Slack timestamps, source URLs, retry history, and final stop_reason. Add node notes that map each cluster to S, H, I, F, or T.

Make the logic visible enough to audit in 30 seconds.

Control plane

- Schedule Trigger**
Three fixed runs.
- Config**
Thresholds and caps.
- Daily Counter**
Persistent success count.
- Idempotency Check**
No duplicate side effects.

Work plane

- Research HTTP**
Source packet.
- Verify HTTP**
Claim check.
- Code: Normalize**
Strict schema.
- Render HTTP**
ComfyUI or renderer.

Proof plane

- Media Probe**
Size, duration, decode.
- Evaluate HTTP**
Typed verdict.
- Drive + Slack**
Artifacts and notice.
- Execution Receipt**
What happened.

Exact branch table

CONDITION	NEXT NODE	COUNTER	ALLOWED SIDE EFFECT
score ≤ 9.0	New concept or Stop	concept_attempt + 1	Write evaluation only
score > 9.0 and daily < 3	Render	render_attempt + 1	Create local render
verdict = render_fail and attempt < 3	Tweak one render variable	same attempt + 1	Replace failed draft only
verdict = concept_fail and attempt < 3	Research different concept	same attempt + 1	Write new research packet
verdict = pass	Drive, then Slack	daily_success + 1	Upload and notify
attempt = 3 or daily = 3	Stop with receipt	none	Write stop reason only

One counter, both failure branches. Otherwise a concept can fail three times, switch branches, and quietly earn three more render attempts.

n8n documents explicit loop, branch, error, and execution primitives. The node arrangement above is the SHIFT implementation for the Content OS requirement. [7][8][9]

Same framework, different execution surface.

SYSTEM	USE IT WHEN	SOURCE HANDOFF	FINISH PROOF	CRITICAL STOP RULE
ChatGPT Work ARTIFACTS	Several apps feed one polished decision artifact.	Name apps, folders, channels, labels, and dates.	Native file links, source map, link check, content rubric.	Stop before send, publish, spend, or positioning change.
Claude Code REPOSITORIES	The work lives in code and can be tested.	Repository rules, implementation, tests, and scripts.	Reproduction, passing tests, typecheck, narrow diff, receipt.	Stop on scope expansion, secrets, schema, or package changes.
Gemini WORKSPACE	Gmail, Drive, and Chat contain the operating record.	Explicit Workspace apps, source titles, date windows.	Evidence ledger, open source links, complete owners and dates.	Stop on inaccessible sources, conflicting owners, or metric definitions.
n8n RECURRING	The process repeats and needs visible control flow.	Config node, schemas, credentials, and source APIs.	Execution data, counters, files, IDs, and error workflow.	Stop on caps, non-retryable errors, or missing credentials.

Use a conversational system when...

The work benefits from synthesis, editorial judgment, and iterative artifact creation, while the user can inspect the sources and final file.

Use a workflow system when...

The same inputs and branches repeat, side effects matter, and a human should be able to inspect counters, errors, and execution history without reading a model's reasoning.

The framework stays stable. What changes is the proof surface: links for knowledge work, tests for code, ledgers for Workspace synthesis, and execution receipts for automation.

Why the short version breaks.

GENERIC

"Research our customers and make a content strategy with viral ideas."

- ☐ No artifact or audience.
- ☐ No source boundary or date window.
- ☐ "Viral" has no measurable acceptance check.
- ☐ No permission boundary.
- ☐ No stop or handback condition.

SHIFTED

Create a 6-week content decision sheet for a founder choosing what to produce, with 18 concepts grouped by customer pain and 3 fully scripted pilots.

Use only the last 45 days of saved customer calls, support threads, and posts that exceeded each creator's 90-day median views by at least 2x. Link every source and keep observed performance separate from interpretation.

Do not claim an idea will go viral, fabricate performance, publish, or contact anyone.

Complete when each concept has one pain, one outcome, one source, one visual mechanism, one lead-magnet CTA, and a score with written evidence.

Stop when fewer than 8 distinct customer pains exist, evidence conflicts materially, or the third research pass still produces no concept above 9.0.

Three upgrades that create most of the difference

01

REPLACE ADJECTIVES

"High quality" becomes named sections, dimensions, files, tests, source counts, or word limits.

02

EXPOSE JUDGMENT

Ask the system to separate evidence, interpretation, recommendation, and uncertainty.

03

CAP PERSISTENCE

Specify a retry counter and what changes, then require a failed receipt after the cap.

Do not write "keep trying until it works." Write what counts as a reversible retry, how many attempts exist, what variable may change, and what evidence must return when it still fails.

Do not accept "done." Ask for the receipt.

1. ARTIFACT

Exact file, URL, repository path, execution ID, or draft location.

2. SOURCES

What was used, what was excluded, and where each load-bearing fact came from.

3. CHANGES

Files, records, nodes, settings, or sections created or modified.

4. CHECKS

Each acceptance check, how it ran, and its actual result.

5. RETRIES

Attempt count, causal hypothesis, single variable changed, and outcome.

6. BOUNDARIES

What the system deliberately did not touch because it was out of scope.

7. UNCERTAINTY

Unsupported statements, missing evidence, unresolved conflicts, and residual risk.

8. DECISION

The one human approval or judgment still required, phrased as a specific choice.

FINAL QA PROMPT

Audit the completed artifact against the SHIFT brief before handing it back. Create a table with one row for every explicit requirement and columns for: requirement; evidence location; pass/fail; exact defect; corrective action. Do not mark a requirement passed because the artifact looks plausible. Open links, inspect file paths, run defined tests, reconcile calculations, and verify that no excluded scope changed. Correct reversible failures within scope, rerun the same check, and record the attempt. After the retry cap, stop and return the failed receipt. End with exactly one status: PASS, PASS WITH DISCLOSED LIMITATION, or FAIL.

The receipt is not extra paperwork. It is the artifact that tells you whether supervision can safely decrease next time.

What is documented, and what is SHIFT.

Primary sources read for this guide

1. [1] **OpenAI, ChatGPT Work.** Connected apps, longer-running work, scheduled tasks, and artifact creation. openai.com/index/chatgpt-for-your-most-ambitious-work/
2. [2] **OpenAI Help, creating and editing files.** Native document, spreadsheet, and presentation outputs when the relevant app is enabled. help.openai.com/en/articles/20001278
3. [3] **Anthropic, Claude Code CLI reference.** Plan permission mode, tool controls, max turns, and structured output. docs.anthropic.com/en/docs/claude-code/cli-usage
4. [4] **Anthropic, Claude Code common workflows.** Repository context, edits, testing, debugging, and git-oriented work. docs.anthropic.com/en/docs/claude-code/common-tasks
5. [5] **Google, Gemini connected Workspace apps.** Explicit app selection, supported source retrieval, listed-source review, and documented limitations. support.google.com/gemini/answer/14959807
6. [6] **Google, creating files in Gemini.** Supported generated file types and Drive export. support.google.com/gemini/answer/13275745
7. [7] **n8n Docs, Loop Over Items.** Batch iteration and loop behavior. docs.n8n.io/.../splitinbatches/
8. [8] **n8n Docs, error handling.** Error workflows and Error Trigger. docs.n8n.io/flow-logic/error-handling/
9. [9] **n8n Docs, workflow executions.** Execution history and retrying failed workflows. docs.n8n.io/workflows/executions/all-executions/

Documented capability

Statements about what a product can access, create, run, or expose come from the vendor sources listed here and are bounded by account, app, permission, and product availability.

SHIFT framing

The five-part method, prompt structures, stop rules, acceptance checks, node arrangement, receipts, and examples are bytethewayyy's operating framework. They are recommendations, not vendor guarantees.

Your next move

Choose one real task, fill the master brief, and keep the first receipt. The second shift should reuse what the first receipt taught you about sources, boundaries, and checks.

KEEP THE FIELD GUIDE

Save this. Then make your AI clock in.