

Which Wave Are You Riding?

Compute Waves · Apply-It Worksheet · OPTIMUS

Which Wave Are You Riding?

Every computing revolution shipped a new interface — and agents just stripped them all away. Typing by hand is the old wave; voice-first is the on-ramp; agent-run is the destination. Every workflow you own is riding one of those waves right now.

Scope: one coffee. 8-12 minutes, a pen, one real situation. No hypotheticals.

1 · The situation

Name ONE recurring workflow you personally ran this week (report, outreach, content, bookkeeping — anything you touched more than once).

2 · Apply the framework

The workflow: _____

Which wave is it on today? ☐ Wave 1 — I do it by hand (typing, clicking) ☐ Wave 2 — I talk, tools transcribe/assist ☐ Wave 3 — an agent runs it, I review

The ONE habit that would move it up a wave (dictate the brief instead of typing it; hand the whole job to an agent and review output):

What staying on the current wave costs you (hours/week × what your hour is worth):

_____ hrs/week × \$ _____ = \$ _____ / month

3 · What changes now?

One concrete action, small enough to start **today**. Move ONE workflow up ONE wave. Not your whole business — one workflow.

I will: _____

By (date): _____

4 · Where else does this apply?

Name the *next* place in your work the same framework fits. (This is your seed for next week.)

Finished this? Next time you land in the portal, the recommender will surface your next series. Keep the sheet — revisit it next week and see what moved.