

ROHIT SHAH

PRESENTS

EXCLUSIVE BONUS #3 · \$37 VALUE

The First-Hour Fast Start

From login to your first finished, usable piece of work in sixty minutes. Six
timed blocks, no theory, no setup rabbit holes.

6 TIMED BLOCKS · 60 MINUTES · ZERO THEORY · FIRST WIN GUARANTEED



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Before you start the clock

This is a sixty-minute plan with a hard rule: you finish with one real, usable deliverable. Not a tour. Not a settings walkthrough. A finished thing.

Two things to have ready before minute zero.

PREP · 2 MINUTES

Pick one real job

Something already on your list. A blog post you owe. An email you have not sent. A client report due Friday. Real work beats practice work every time, because a practice output gets deleted and a real output gets used.

PREP · 1 MINUTE

Open the Cheat Sheet beside this

Bonus #1 maps all 58 agents to first tasks. You will use it in Block 2 to pick your agent in under ninety seconds instead of scrolling for fifteen minutes.

The one rule: when a block's time is up, move on. An unfinished block is fine. A stalled hour is not. You can always come back — but only if you build momentum first.

What you will have at minute 60

- ☐ One completed deliverable made by an agent, edited by you, ready to use
- ☐ Three agents you have personally run and understand
- ☐ One saved workflow you can repeat next week without thinking
- ☐ A clear sense of which agents are your daily drivers



1 Land and orient

Block 1 · 0:00 – 0:08 — Log in and do exactly three things. Find the agent list or dashboard. Find where outputs are saved or exported. Find the settings or brand-voice area if there is one.

- ☐ Log in and let the dashboard fully load
- ☐ Locate the full agent list — count them, confirm you can search or filter
- ☐ Find where completed outputs live (history, library, or downloads)
- ☐ Open settings once, note if there is a brand voice or tone field
- ☐ Do NOT configure anything yet — just know where things are

2 Choose your agent

Block 2 · 0:08 – 0:15 — Open the 58-Agent Cheat Sheet. Match the real job you picked to a category, then to a single agent. Ninety seconds, not fifteen minutes.

- ☐ Name your real job in one sentence
- ☐ Find the matching category in the Cheat Sheet
- ☐ Pick ONE agent — resist the urge to pick three
- ☐ Read its suggested first task
- ☐ Open that agent and read whatever input fields it asks for



3 Run it for real

Block 3 · 0:15 – 0:30 — Give the agent your actual job with actual context. Vague inputs produce vague outputs, and a vague first output is the fastest route to deciding the tool does not work.

- ☐ Write your input with real specifics — audience, purpose, tone, length
- ☐ Include one example of what good looks like if you have one
- ☐ Run it and read the full output before judging it
- ☐ Run it a second time with one input changed — note how the output shifts
- ☐ Save or export the better of the two

4 Edit to finished

Block 4 · 0:30 – 0:42 — The output is a strong draft, not a final. This block is where the deliverable becomes yours and becomes usable.

- ☐ Cut anything generic or padded
- ☐ Add one specific detail only you know — a number, a name, a story
- ☐ Fix the opening line; it is almost always the weakest part
- ☐ Read it aloud once — awkward phrasing surfaces immediately
- ☐ Declare it finished and put it where it belongs



5 Chain a second agent

Block 5 · 0:42 – 0:52 — Take the output you just finished and feed it to a second agent. This is the moment the tool stops feeling like a chatbot and starts feeling like a workforce.

- ☐ Pick a second agent that consumes your output — a repurposer, a headline generator, a summarizer
- ☐ Paste the finished piece in as its input
- ☐ Run it and see the multiplier effect
- ☐ Save the second output too
- ☐ Note the pairing — this is your first workflow

6 Lock in the repeat

Block 6 · 0:52 – 1:00 — Write down what you just did so next week takes ten minutes instead of sixty. This block is why the hour compounds.

- ☐ Write the agent pairing you used in one line
- ☐ Write the input format that worked
- ☐ Note anything that wasted time so you skip it next time
- ☐ Schedule one repeat of this exact workflow this week
- ☐ Pick tomorrow's agent from the Cheat Sheet now, while it is fresh



Minute 60 debrief

Two minutes of writing here saves you an hour next week. Fill it in immediately while the session is fresh.

QUESTION	YOUR ANSWER
What did I actually finish?	
Which agent did the heavy lifting?	
Which second agent did I chain to it?	
What input detail made the biggest difference?	
What wasted the most time?	
What am I running tomorrow?	

If the hour did not go to plan

Output felt generic

Your input was too short. Real inputs name the audience, the purpose, the tone and the length. Re-run Block 3 with three sentences of context instead of one.

You never picked an agent

You skipped the Cheat Sheet. Open Bonus #1, pick the first agent that matches a job you owe someone, and run it. Choice paralysis is a symptom of having too many good options, not too few.

You ran out of time at Block 4

Completely fine. Editing is the block worth overrunning. Come back for Blocks 5 and 6 tomorrow — the chaining lesson keeps.

Next: Bonus #4, the 30-Day AI Content Calendar, tells you exactly which agent to run each day for the next month so you never face a blank dashboard again.