

AI LIFE LEVERAGE SYSTEM™ 2.0

The Automation Blueprint

Build systems that work while you rest.

Automation is how you stop living in loops. If you repeat it, a system should do it for you. This blueprint gives you practical, no-code ways to automate your personal and business life.

What Automation Really Means

Problem	Old Way	Automated Way
Forgetting bills	Manual pay each month	Autopay / reminders
Rewriting emails	Typing from scratch	AI templates
Posting content	Manual upload	Later/Buffer schedule
Scattered notes	Lost in phone	Notion/Drive sync
Next task?	Procrastinate	Ask AI to prioritize

Five Everyday Automations

Auto Content Planner
Use ChatGPT to ideate; track in Notion/Sheets; schedule via Buffer/Metricool.

Inbox Zero Assistant
Gmail filters + canned AI replies for frequent responses.

AI Life Organizer
Personal Notion HQ for tasks, goals, budget — synced with Calendar.

Follow-Up Flow
Sheets/Notion + Zapier to remind you 3 days after a contact entry.

Daily Reflection Bot

Ask AI nightly for 3 reflection questions and tomorrow's focus.

Automate Anything Framework

Step 1 — Identify the loop: What repeats weekly?

Step 2 — Choose the tool: ChatGPT (thinking), Zapier (connecting), Notion/Airtable (tracking).

Step 3 — Build the flow: When I [do this], automatically [trigger that].

Step 4 — Test once; let it run.

Your 15-Minute Automation Plan

Write one time-draining task and sketch your simple automation below.

Automate your life. Multiply your freedom.