DAY 1 · MONDAY · START

Outcome-Anchoring

Start: set your anchor, then make your first picture.



TODAY'S BRIDGE: ROPE & PLANKS

My code _____ **My subject** _____

BEFORE

My one quick line (don't fix it, just run it):

_____

Save the picture as code-BEFORE. You'll see it again Friday.

MY ANCHOR · STAYS THE SAME ALL WEEK

I'll know this worked if _____

My first BAM prompt: one line for each pillar

1 Outcome I'll know it worked if (copy your anchor) _____

2 Expert Act as a _____

3 Steps First, _____ then, _____

4 Check Check that _____

PICTURE 1

Save it as code-1.

One thing I like: _____

One thing that's off: _____

Better, same, or worse? ☐ Better ☐ Same ☐ Worse

Penny's check

- ☐ A stranger could tell if my picture worked.
- ☐ I said what it shows, not just its topic.
- ☐ I saved BEFORE and Picture 1.



DAY 2 · TUESDAY · BUILD

Expert-Casting

Build: keep your anchor, recast your expert, add one detail.



TODAY'S BRIDGE: STURDY TIMBER

My code _____ **My subject** _____

MY ANCHOR · STAYS THE SAME ALL WEEK

I'll know this worked if _____

Copy it from Monday. Only sharpen it if it got clearer.

TODAY'S SPOTLIGHT · EXPERT-CASTING

Act as a (role, style, tone): _____

KEEP: WHAT'S WORKING THAT STAYS

_____

_____

_____

ADD: ONE NEW DETAIL

_____

_____

_____

My whole prompt today (rewrite all of it)

_____

_____

_____

_____

PICTURE 2

Save it as code-2.

Compared to Picture 1, what changed?

_____

_____

Better, same, or worse? ☐ Better ☐ Same ☐ Worse

Penny's check

- ☐ I gave a role, a style AND a tone.
- ☐ My anchor stayed the same.
- ☐ I can say what changed from Picture 1.



DAY 3 · WEDNESDAY · BUILD

Sequential Scaffolding

Build: put your picture in order, add one layer where it belongs.



TODAY'S BRIDGE: STONE ARCH

My code _____ **My subject** _____

MY ANCHOR · STAYS THE SAME ALL WEEK

I'll know this worked if _____

Copy it from Monday. Only sharpen it if it got clearer.

TODAY'S SPOTLIGHT · SEQUENTIAL SCAFFOLDING

First / then / finally: _____

KEEP: WHAT'S WORKING THAT STAYS

_____

_____

_____

ADD: ONE NEW LAYER (WHICH STEP?)

_____

_____

_____

My whole prompt today (rewrite all of it)

_____

_____

_____

_____

PICTURE 3

Save it as code-3.

Compared to Picture 2, what changed?

_____

_____

Better, same, or worse? ☐ Better ☐ Same ☐ Worse

Penny's check

- ☐ Each step is different.
- ☐ Step 2 uses what step 1 made.
- ☐ My new layer landed in the right step.



DAY 4 · THURSDAY · IMPROVE

Lens-Consistent Correction

Improve: inspect Picture 3 through your expert's eyes, fix one thing.



TODAY'S BRIDGE: STEEL TRUSS

My code _____ **My subject** _____

MY ANCHOR · STAYS THE SAME ALL WEEK

I'll know this worked if _____

Copy it from Monday. Only sharpen it if it got clearer.

TODAY'S SPOTLIGHT · LENS-CONSISTENT CORRECTION

The expert lens I'm checking with: _____

Look at Picture 3 through my expert's eyes. Tick what's true.

- ☐ Accurate, the way my expert would say? P2
- ☐ Looks like the expert I cast? P2
- ☐ Steps build on each other? P3
- ☐ Shows the goal I anchored? P1
- ☐ Good, not forgettable? All

The ONE thing that's most off: _____

It belongs to Pillar 1 2 3 4 (circle one). My fix (keep everything else):

My whole prompt today (rewrite all of it)

PICTURE 4

Save it as code-4.

Compared to Picture 3, what changed?

Better, same, or worse? ☐ Better ☐ Same ☐ Worse

Penny's check

- ☐ I judged with my expert, not my gut.
- ☐ I named which pillar needed the fix.
- ☐ My fix was specific, not just "better."



DAY 5 · FRIDAY · FINISH

Support beams

Finish: add only what your bridge needs, then run your final prompt.



TODAY'S BRIDGE: STEEL SUSPENSION

My code _____ **My subject** _____

MY ANCHOR · STAYS THE SAME ALL WEEK

I'll know this worked if _____

Copy it from Monday. Only sharpen it if it got clearer.

Support beams: add a line only if your bridge needs it. Otherwise write "not needed."

Guardrails no more than / don't include _____

Stoplight before you answer, think through _____

GPS like this example _____

Diligence I'll check this real thing _____

My FINAL prompt (this is what I turn in)

_____

_____

_____

_____

How AI helped me, in one sentence: _____

PICTURE 5

Save it as code-5.

Compared to Picture 4, what changed?

_____

_____

Better, same, or worse? ☐ Better ☐ Same ☐ Worse

Penny's check

- ☐ Every beam is needed or marked "not needed."
- ☐ I checked one real thing.
- ☐ I said plainly that AI helped.



FRIDAY · FILMSTRIP

Before and after

Tape, glue or sketch each picture in its frame. Same goal, a stronger bridge every day.

My code _____

BEFORE

PICTURE 1 · MON



PICTURE 2 · TUE



PICTURE 3 · WED



PICTURE 4 · THU



PICTURE 5 · FRI



Which day made the biggest jump? Which pillar did it?

If I did one more round, the next layer I'd add is:

