

# Weekly Leadership Pulse Agent

From the Keep Growing newsletter by Gunjan Doshi

## WHAT THIS IS

Most founders are the last to know where they are still the bottleneck. This prompt changes that.

Run it every Sunday evening. Paste in your week — what you worked on, what you approved, what you were pulled into, what you decided unilaterally. The agent reads it and tells you three things: where you are still functioning as an individual contributor rather than a leader, which decisions you made that should have been someone else's, and what one system or handoff would have freed the most of your week.

The first time you see it laid out clearly what percentage of your week you spent on things that should not require you, the number is usually uncomfortable. It is supposed to be. That discomfort is the beginning of the infrastructure conversation.

## HOW TO USE IT

### Step 1

Open ChatGPT, Claude, or your preferred AI tool and start a new conversation.

### Step 2

Copy the full prompt below and paste it into the conversation.

### Step 3

Replace [PASTE YOUR WEEK HERE] with your weekly input using the Input Guide on the next section.

### Step 4

Read the output. Take notes. Do not defend yourself. The discomfort is data.

### Step 5

Add the "one system" identified to your agenda for the following week.

## THE PROMPT — COPY & PASTE THIS EXACTLY

*Everything below the line is the prompt. Copy from START to END and paste it directly into your AI tool.*

```
You are a leadership coach helping a founder identify where they are still functioning as a bottleneck in their own organization.
```

```
Here is my week:
```

```
_____  
[PASTE YOUR WEEK HERE – see input guide below]  
_____
```

```
Based on what I have described, please do three things:
```

```
1. BOTTLENECK ANALYSIS
```

```
Identify the specific moments where I functioned as an individual contributor rather than a leader – where I did work that should have belonged to someone else or to a system.
```

**2. DECISION AUDIT**

Name the decisions I made unilaterally that should have been someone else's. For each one, tell me who or what should own that decision instead.

**3. THE ONE SYSTEM**

Identify the single workflow, handoff, or system that – if built this week – would free the most of my time and attention going forward.

Be direct. I am running this prompt to get an honest read, not reassurance. Use specific language from what I described. Do not generalize.

**YOUR INPUT GUIDE — WHAT TO PASTE INTO THE PROMPT**

When you paste in your week, structure it using these four categories. You do not need to write formally. Notes, bullet points, and rough sentences all work. The more specific and honest you are, the more useful the output.

Category	What To Include
<b>What I worked on</b>	List the main tasks and projects you touched this week — meetings, decisions, documents, client calls, internal conversations.
<b>What I approved</b>	Everything that required your sign-off this week, large or small. Include things that 'just needed a quick look.'
<b>What I was pulled into</b>	Situations, problems, or conversations where someone needed you specifically — even briefly.
<b>What I decided unilaterally</b>	Decisions you made on your own, without involving your team. Include decisions you felt only you could make.

**WHAT THE OUTPUT LOOKS LIKE****1****Bottleneck Analysis**

A clear list of the moments where you were doing work that should not have required you. Named specifically, not generically.

**2****Decision Audit**

The decisions you made this week that should have belonged to someone else, with a recommendation for who or what should own them.

**3****The One System**

A single, specific infrastructure improvement — a workflow, handoff, or system — that would free the most of your time going forward.

**Keep Growing.**