Publishing Rhythm Kit

Batch Day + the calendar + the loop — consistency as architecture

The cadence floor

Your cadence is set by your WORST week, not your best. A floor held for a year beats a sprint abandoned by March. One pillar + its derivative set is already 5–8 weekly touchpoints from a single act of creation.

MY FLOOR (worst-week honest — a floor, not a ceiling):

Batch Day run-sheet

1 · PICK
The queue hands you this week's pillar, hook written. No blank slate.

2 · MAKE
The pillar — full attention, never automated.

3 · CHAIN
Extraction pass + format-native adaptation, Voice Brief attached.

4 · 10% PASS
Your final voice edit on every asset, while fresh.

5 · LOAD
Every reviewed asset gets a calendar slot across the week.

The safety rules

- Scheduled ≠ auto-published: everything in the calendar passed your review FIRST.
- AI content publishing with no human review: forbidden. Forever. Everywhere.
- Pre-flight glance (2 min, mid-week) + know where the pause button is.

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The weekly calendar loader

DAY	ASSET	PLATFORM	TIME SLOT
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Slotting guide

Pillar anchors your main day · derivatives spread across the week (clip Tue, pin Wed, thread Thu…)
Each format posts at times that fit ITS platform's rhythm — not all at once.

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The 15-minute weekly loop

Three questions, every Sunday

What WON this week?

Top piece — and why: topic, angle, format, hook?

What did it TEACH?

Winners are seeds: 2–3 new angles into the bank, tagged PROVEN.

What did people ASK?

Comments and replies flow straight into the audience harvest.

WEEK	WINNER + WHY	SEEDS ADDED	FLOOR HELD?

The four-week challenge

Hold the floor for four consecutive weeks. Around week three, watch for the signature moment: someone engages with a post you don’t remember scheduling. That’s the engine working while you were living.

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What to do with this document

Your next steps

- [ ] Set the worst-week floor and protect Batch Day like a client meeting
- [ ] Run one full revolution: pick → make → chain → 10% pass → load
- [ ] Do the mid-week pre-flight glance; let the calendar run
- [ ] Sunday: the 15-minute loop — winners become seeds, questions become queue

Keep going (free)

Every lesson of the Automation Academy is free at braintrain-ai-academy.com/automation-academy — problems first, tools second. This worksheet feeds directly into the next lesson of the module.

A NOTE FOR LATER

Later in this academy, documents like this one become your Automation Blueprint — a written plan of everything you want built. You can build it yourself with what these lessons teach. And if you would ever like help designing it around your specific situation, BrainTrain AI Coach can guide you step-by-step. For now: run the worksheet. That is the whole assignment.