Worth-It Decision Worksheet

A/D/E · the honest math · the frequency × judgment matrix

The A/D/E sequence — always in this order

1 · ELIMINATE?

If this task quietly stopped, who would notice — and would it matter? "Nobody, and no" = 100% saved, zero setup.

2 · DELEGATE?

Needs a human — just not YOU? A task you can explain hands off to a person as well as a machine.

3 · AUTOMATE?

Family work + the worth-it math wins. The third question — which is what makes it powerful.

The honest math

SAVES: monthly hours (column D) — projected forward; repeats were forever.

COSTS: setup (estimate, then add half) + ongoing attention (~10–20% of saved time, permanent)
+ the mistake cost (price the WORST realistic error, not the average day).

RULE OF THUMB: setup pays back within ~2 months of savings, and the worst mistake is survivable = worth it.

The matrix

HIGH frequency + LOW judgment = AUTOMATE NOW (your first builds)

HIGH frequency + HIGH judgment = AI-ASSIST (machine drafts, you decide)

LOW frequency + LOW judgment = CHECKLIST IT · LOW freq + HIGH judgment = KEEP MANUAL

Worth-It Decision Worksheet

Verdict pages — tasks 1–3 of your Top 5

TASK 1: _____ **Monthly hours:** _____ **Judgment: L / M / H**

A/D/E: eliminate ■ delegate ■ automate ■ **MATRIX SQUARE:** _____

Math: setup ____ hrs vs ____ hrs/month saved · worst mistake: _____

ROUTE: build-with-AI ■ buy-a-tool (later) ■ ignore-for-now ■ **REASON:**

TASK 2: _____ **Monthly hours:** _____ **Judgment: L / M / H**

A/D/E: eliminate ■ delegate ■ automate ■ **MATRIX SQUARE:** _____

Math: setup ____ hrs vs ____ hrs/month saved · worst mistake: _____

ROUTE: build-with-AI ■ buy-a-tool (later) ■ ignore-for-now ■ **REASON:**

TASK 3: _____ **Monthly hours:** _____ **Judgment: L / M / H**

A/D/E: eliminate ■ delegate ■ automate ■ **MATRIX SQUARE:** _____

Math: setup ____ hrs vs ____ hrs/month saved · worst mistake: _____

ROUTE: build-with-AI ■ buy-a-tool (later) ■ ignore-for-now ■ **REASON:**

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Verdict pages — tasks 4–5 of your Top 5

TASK 4: _____ **Monthly hours:** _____ **Judgment: L / M / H**

A/D/E: eliminate ■ delegate ■ automate ■ **MATRIX SQUARE:** _____

Math: setup ____ hrs vs ____ hrs/month saved · worst mistake: _____

ROUTE: build-with-AI ■ buy-a-tool (later) ■ ignore-for-now ■ **REASON:**

TASK 5: _____ **Monthly hours:** _____ **Judgment: L / M / H**

A/D/E: eliminate ■ delegate ■ automate ■ **MATRIX SQUARE:** _____

Math: setup ____ hrs vs ____ hrs/month saved · worst mistake: _____

ROUTE: build-with-AI ■ buy-a-tool (later) ■ ignore-for-now ■ **REASON:**

My #1 — the Module 2 starter project

THE CIRCLED VERDICT (task + square + why it goes first):

Worth-It Decision Worksheet

What to do with this document

Your next steps

- [ ] Run A/D/E in order on each Top 5 task — write the verdict AND the reason, in pen
- [ ] Count the two forgotten costs honestly: ongoing attention + worst realistic mistake
- [ ] Circle your #1 automate-now verdict — it becomes your Module 2 starter project
- [ ] Don't relitigate written verdicts for 90 days — build the yeses instead

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: just keep seeing. That is the whole assignment.