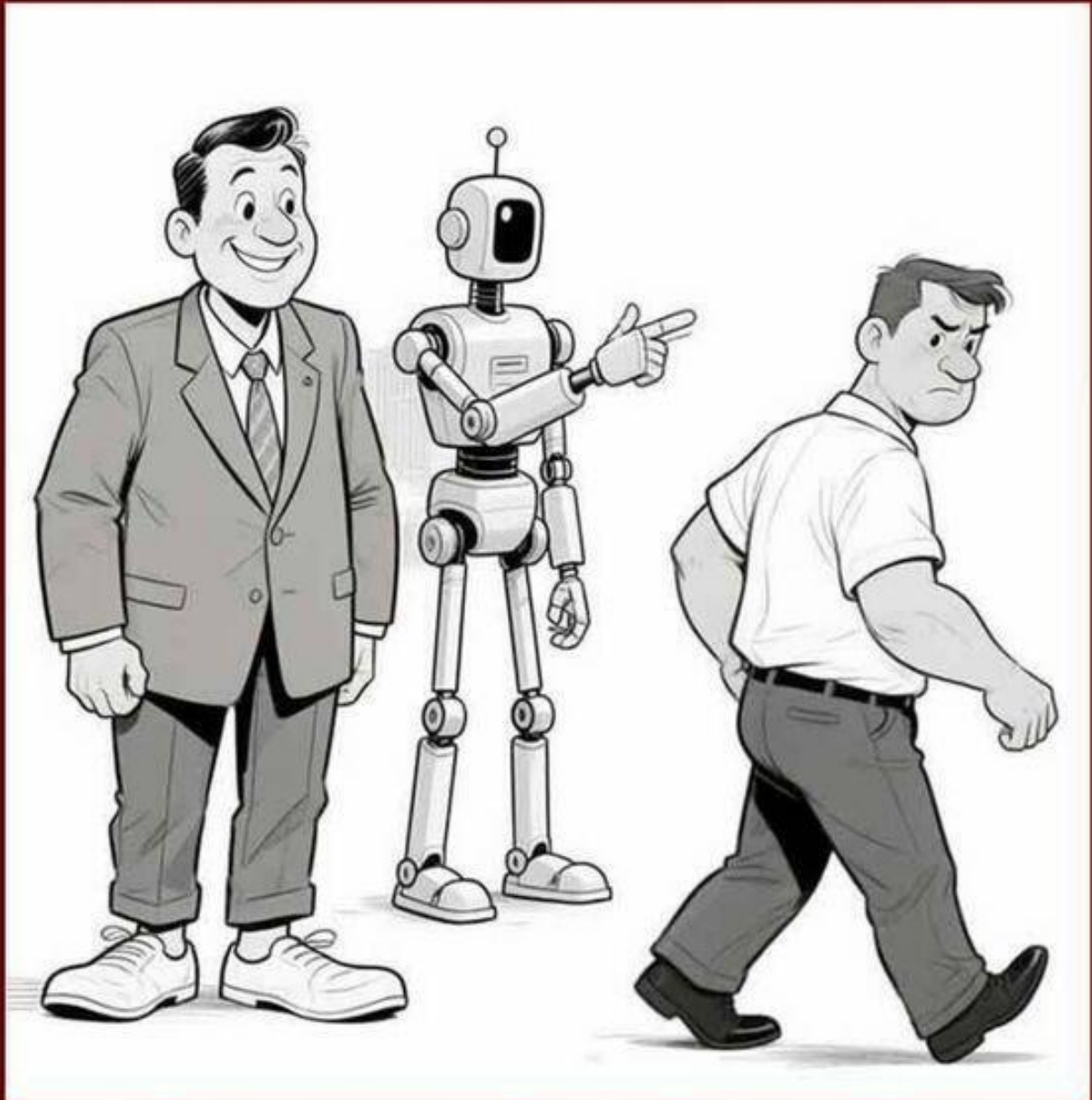


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Vlasov Pavel

AI for Business or the Lazy Boss



**Book 1: The End of the
"I Do It Myself" Era:
Why Your Perfectionism
Is Ruining You**

Pavel Vlasov

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«Издательские решения»

Vlasov P.

Book 1: The End of the “I Do It Myself” Era: Why Your Perfectionism Is Ruining You / P. Vlasov — «Издательские решения»,

The Lazy Boss: Why Your Perfectionism Is Ruining YouA provocative guide for entrepreneurs drowning in routine. This book dismantles the cult of hard work, proving that micromanagement is a financial parasite sucking your time and profits. Learn to replace yourself with AI assistants, automate 90% of operations — from contractor control to writing emails — and transform from an overworked slave into a «Professional Slacker» who earns more by doing less. Stop working hard; start managing smart.

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Book 1: The End of the “I Do It Myself” Era: Why Your Perfectionism Is Ruining You

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ISBN 978-5-0070-7663-0 (т. 1)

ISBN 978-5-0070-7664-7

Created with Ridero smart publishing system

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PERFECTIONISM IS RUINING YOU

Chapter 1: The End of “I’ll Do It Myself”

Why your perfectionism is bankrupting your soul and your bank account



Introduction

Do you know what the most reliable way to bury your business under a mountain of routine and never make more than a million dollars is? It's simple: keep doing everything with your own hands. Your inner perfectionist is a financial parasite sucking your personal time and your company's money. Every time you sit down to proofread a newsletter text, set up advertising on social networks, or manually fill out an Excel spreadsheet, you are paying yourself an intern's salary. Just think about it: you are the CEO, the owner, the brain of the entire system, and yet you are doing work that a student could do for pennies... and an AI could do for free, only better.

Human laziness is usually frowned upon. In school, you were told to work hard. Parents taught diligence. But in modern business, diligence is the lot of those who lack imagination. A truly smart boss is lazy enough that their laziness becomes the main driver of progress. Progress is always about how to make fewer movements while getting more results. If you still think that your personal presence and

manual control at every stage is the key to success, I have bad news for you. Your competitors are already drinking their third espresso on the beach while their automated AI agents warm up clients and prepare financial summaries.

Automation Strategy

To get rid of the “I’ll do it myself” syndrome once and for all, you need to conduct a harsh mental reform. Remember once and for all: any repeating text, analytical, or organizational process in your company must be delegated to artificial intelligence.

Step 1: Complete audit of the routine. List all the tasks you do more than once a week. Opposite each, put the question: “Do I need human sensory organs here, or is this just moving letters from one place to another?”. In 95% of cases, the answer will be in favor of the latter.

Step 2: Create AI instructions. Instead of hiring a person and spending weeks training them (and then crying when they quit two months later), you write a high-quality system prompt for Gemini or ChatGPT once. This prompt becomes your digital employee.

Step 3: Testing and autopilot. You load raw data into the neural network, get a ready-made result, make minor corrections, and send it to work. Gradually, you realize that your role boils down to that of an operator: clicked a button, copied the perfect result, went to sleep.

Let’s look at this using contractor control as an example. Most bosses waste hours messaging, trying to fish real reports out of freelancers. Instead, you can copy their correspondence, plug it into the AI, and get a clear verdict: who missed the deadlines, who is lying, and who is actually working. Delegation is not about shifting responsibility to another person. Delegation is about moving processes to digital rails.

Technical Guide for the Lazy

To start freeing up your time, you don’t need to be a programmer. Just open your browser, go to gemini.google.com or chatgpt.com, copy one of the prompts below, fill in the brackets [] with your data, and get a finished result in 5 seconds.

Prompt 1: Automatic Audit of Your Working Time

This prompt will analyze your working day, find all parasite processes, and detail how to delegate them to AI.

You are the most ruthless and highly paid business consultant in the world. Your goal is to free up 80% of the company owner’s time from routine.

I will provide you with a list of tasks I performed over the past week: [INSERT THE LIST OF YOUR TASKS HERE, E.G.: wrote social media posts, checked marketer’s reports, emailed clients, fixed bugs].

Follow these steps:

1. Estimate the approximate financial loss to my pocket if an hour of my time is worth \$100 and these tasks can be delegated.
2. For each task in the list, write exactly how it can be fully offloaded to a neural network (Gemini/ChatGPT).
3. Write a short, daring verdict on how inefficiently I am wasting my life.

Prompt 2: AI freelancer and contractor nudger

A prompt for analyzing correspondence with contractors. It exposes manipulations, excuses, and missed deadlines.

You are a tough Chief Operating Officer with X-ray vision. You have been sent a chat log with a contractor/freelancer who is delaying the project submission.

Here is the text of the chat:

[INSERT CHAT TEXT OR CONTRACTOR EXCUSES HERE]

Analyze this text and output:

1. The bottom line: what is the real reason for the delay according to the contractor, and where they are obviously spinning tales.
2. Manipulations: what psychological tricks they use to avoid responsibility.
3. A ready-to-copy, tough but professional response that will force them to submit the work within 24 hours without further arguments.

Prompt 3: Your Personal Digital Clone

Creates an exact copy of your writing style to answer emails and messages in your voice.

You are my personal AI assistant. Your task is to study my communication style and write all future emails and messages exactly the way I do.

Here are examples of my real messages:

[INSERT 3—5 OF YOUR TYPICAL MESSAGES TO CLIENTS OR EMPLOYEES HERE]

Analyze:

1. My Tone of Voice: sentence length, emoji usage, level of politeness, sarcasm, professional jargon.
2. Write a brief instruction profile of my style.
3. Write a reply to the following incoming message on my behalf using my style:» [INSERT THE CLIENT’S EMAIL TO BE ANSWERED]”

Real Case Study

The owner of a small pizza delivery company, Gennady, worked 14 hours a day. He personally proofread social media posts, controlled cheese purchases, double-checked receipts, and personally called clients who left bad reviews. Gennady considered himself an “indispensable leader” and was proud of his perfectionism. As a result, the business was stagnating, and Gennady’s wife began to forget what he looked like without dark circles under his eyes.

One day, Gennady went on a forced sick leave for two weeks. His lazy partner, Arthur, who had read our book, didn’t work for two. Instead, he copied typical client complaints into Gemini, set up an autoresponder with a cheeky ToV, and automated cheese purchases with a simple prompt summary that analyzed suppliers’ prices once a day. When Gennady returned, he discovered that revenue had grown by 12%, clients were thrilled with the fast replies, and Arthur had spent those two weeks playing PlayStation. Gennady burned his manual accounting ledger and never touched operations again.

VOLUME 1: THE END OF “I’LL DO IT MYSELF” — WHY YOUR PERFECTIONISM IS RUINING YOU

Chapter 2: Chapter 1: The Great Deliverance, or How to Force AI to Do a Task Audit While You Sleep

The Professional Slacker's Guide

Introduction

Welcome to a world where hard work is classified as a mental illness. Let's be honest and blunt: the business world is filled with idiots who sincerely believe that an eighty-hour work week is a badge of honor rather than a reason to see a therapist. Traditional management has spent decades beating slave philosophy into our heads, telling us that a leader must 'burn at work,' be the first to arrive at the office, and the last to leave. What a monumental, pretentious, and economically illiterate load of rubbish! If you, as a business owner or executive, are still wasting your precious hours on endless micromanagement, digging through routine spreadsheets, checking the reports of your lazy employees, and sitting through pointless meetings that could have been a brief email, then I have bad news for you. You are not a businessman. You are a highly paid slave in your own company, who has voluntarily put on golden chains and is trying to look important in front of the mirror. The true goal of any smart business is to generate the maximum amount of money with the absolute, total minimum of your personal effort. The ideal business is a Swiss watch that works by itself while you lie on the beach in Nusa Dua, sipping a cold coconut and lazily watching dividends drip into your bank account. But how do you reach this nirvana if your current workday resembles an endless fire-fighting session in a madhouse? The answer is simple: artificial intelligence. Today, we begin "The Great Deliverance" — the process of completely, cynically, and ruthlessly offloading all your operational routine onto the shoulders of neural networks. And we will start with the greatest sin of any manager: the irrational waste of time. Most bosses have no idea what a colossal amount of useless, garbage work they waste their lives on. They call it 'quality control' or 'strategic planning,' when in reality it is just a fear of delegation and an inability to organize processes. We are going to conduct a total task audit of your company, but we won't do it ourselves. We will force ChatGPT, Claude, or Gemini to analyze all this chaos, cut out the fat, automate the routine, and leave you only with what actually brings in millions. Get ready for your concept of work to change forever. Pour yourself the most expensive coffee, put your feet up on the desk, and prepare to become a true Professional Slacker while your silicon slaves do all the dirty work for you.

Automation Strategy

To escape operational hell forever, you must go through a procedure we call a 'task audit'. This is not the boring financial audit where scared ladies in glasses look for pennies in your receipts. This is a brutal, cynical revision of every single action performed in your company. Our goal is to identify every task that steals your time or the time of your employees and either destroy it or delegate it to an AI. The entire process consists of four fundamental steps that we will complete together with AI.

Step 1: The Great Inventory of Chaos. Before optimizing processes, they must be made visible. Most managers live in an illusion of control. They believe their team is busy solely with creating value for clients. I hate to disappoint you: up to 70% of your employees' working time is spent simulating busywork, filling out useless reports, arguing in chats about 'which font to choose for the presentation,' and endlessly approving approvals. Your first task is to collect a list of all regular tasks performed in the company during a week. You don't need to write this manually — just force your department heads or key employees to send you a brief, free-form list of their daily activities. Let it be a messy, unorganized chunk of text. That is the beauty of it: AI loves chaos. It will sort through this mess better than any business analyst with an MBA degree.

Step 2: Ruthless Filtration by the Slacker Matrix. Once we have this mass of data, we will feed it to the neural network. The AI will apply a brutal filtration matrix to it, dividing tasks into four categories: “Garbage” (immediately destroy, as it does not affect profit), “AI Candidates” (tasks that the neural network can perform 100% instead of a human), “Human-Robots” (routine tasks for low-paid employees that AI can monitor and optimize), and “True Focus” (strategic tasks requiring your personal brilliant presence, of which usually no more than 5% remain). The neural network will analyze each task from the perspective of labor costs and financial return. You will be shocked when you see how much money you spend on salaries for people doing things that AI does in three seconds and absolutely for free.

Step 3: Designing the Silicon Structure. After filtration, the AI will design a new, optimized business process map for you. Instead of a bloated staff with a bunch of middle managers (who do nothing but forward emails from one department to another, thinking they are indispensable leaders), you will get a lean structure where key nodes are controlled by neural networks. The AI will outline which exact tools (ChatGPT, Gemini, specialized agents) should replace specific human roles. For example, instead of three copywriters and an SMM manager, you will have one smart prompt generating a month’s worth of content in 10 minutes. Instead of a budget-bloating customer support department, you will have a configured AI assistant that answers clients instantly and never goes on sick leave.

Step 4: Automatic Delegation and Control. The final step is creating clear, strict, and understandable instructions for those employees who actually remain on staff (after all, someone has to press the ‘start’ button and bring you coffee). The AI will write perfect regulations and technical tasks for your team. No more excuses like “I didn’t understand the task” or “I didn’t have time.” The neural network will compile step-by-step action algorithms, evaluation criteria, and ready-made templates. Your role will be reduced to looking at a dashboard once a week and lazily nodding your head at the growing profits. This is the true freedom for which it is worth implementing technology.

Technical Guide for the Lazy

Let’s move on to practical magic. To implement this plan, you do not need to learn to code, hire expensive IT consultants, or deploy complex ERP systems that will take years to implement and eat up your entire budget. All you need is access to the web interface of ChatGPT (chatgpt.com), Claude (claude.ai), or Gemini (gemini.google.com). I highly recommend using paid versions (Plus or Pro), as they run on more powerful models (GPT-4o, Claude 3.5 Sonnet) that possess colossal logical reasoning capabilities and can digest massive amounts of data without losing quality.

The process is incredibly simple: you open a chat with the neural network, copy one of my professional prompts, paste your data into the specified placeholders, and press Enter. The AI will do everything else in seconds. Below are three powerful, highly detailed prompts that will turn you from a tired slave of operations into a lazy genius of strategic management. Use them sequentially.

Prompt 1: The Grand Task Inquisitor (Routine Audit and Clean-up)

This prompt takes the chaotic list of your company’s tasks, analyzes it from a financial efficiency standpoint, ruthlessly destroys useless work, and categorizes processes for subsequent automation.

You are a world-class McKinsey-style business consultant with a brutal, cynical view of traditional management and a philosophy of ‘maximum profit with minimum effort’. Your goal is to conduct a total task audit of the company and free the owner from operational hell.

Examine the following list of tasks performed in the company over a week: [Insert_data_here]

Conduct a deep analysis of each task based on the following criteria:

1. Financial viability (does this bring in real money, or is it just simulated busywork?).
2. AI automation potential (can a modern LLM like ChatGPT, Claude, or Gemini perform this task fully or partially?).

3. Human touch necessity (does this require empathy, unique connections, or physical presence?).

Provide a report structured into the following sections:

- “THE TERMINATION LIST” (Tasks that must be stopped immediately as they do not affect profit and only consume time. Justify this cynically and brutally).
- “SILICON CANDIDATES” (Tasks that should be taken 100% away from humans and handed over to AI. Explain why and how much time/money this will save).
- “HYBRID CONTROL” (Tasks where a human remains the executor, but their actions are strictly optimized and monitored by an AI assistant).
- “THE BOSS’S GOLDEN FOCUS” (The remaining 1—3 tasks that truly require the personal involvement of the business owner to scale profits. Everything else must be wiped from their calendar).

Write in an assertive, bold, professional tone with sharp humor. Avoid cliché advice. Give concrete recommendations for each task.

Prompt 2: The Silicon Org-Chart Architect (Replacing Employees with AI)

This prompt designs a detailed next-generation company structure, replacing expensive human positions with free or ultra-cheap AI agents and automated workflows.

You are a brilliant systems architect and AI integrator. Your task is to redesign the company’s structure by replacing a bloated human staff with highly efficient AI agents.

Here is the current structure of the company and employee roles: [Insert_data_here]

Design a new company structure where AI replaces or drastically accelerates human labor. For each role that can be optimized or fully replaced, provide:

1. Role Title and Verdict (Full AI Replacement / Partial Automation / Keep Human).
2. AI Toolset for Replacement (specify exact solutions: ChatGPT for texts/analytics, Gemini for large documents, specialized AI services, Make.com/Zapier for integrations).
3. “How It Works Now” Process Description (step-by-step guide on how the AI agent performs this work without human intervention).
4. Financial Impact (estimated savings on salaries, taxes, workspace, and human error).

Conclude with a comparative table: “Before (Humans, chaos, high expenses)” vs “After (AI, order, pennies of cost)”. Write this in the style of a technological revolution — brutal, convincing, and backed by numbers.

Prompt 3: The Delegation Whip (Flawless Spec Generator for Humans and AI)

This prompt generates flawless, crystal-clear instructions and specs for employees or AI assistants, eliminating any double standards, misinterpretation, or worker laziness.

You are a super-efficient Chief Operating Officer who hates stupidity, laziness, and employee excuses. Your task is to compile an impeccable, rigid, and detailed technical task for execution.

Here is the task that needs to be delegated: [Insert_data_here]

Create a execution manual for this task that leaves the executor with zero chance of screwing up or saying “I didn’t understand”. The manual must include:

1. CRYSTAL CLEAR GOAL: What the perfect final outcome must look like (with concrete metrics and examples).

2. **STEP-BY-STEP ALGORITHM:** Bulletproof, sequential actions from start to finish. No ambiguity.

3. **TOOLS AND TEMPLATES:** Which AI services or ready-made templates the executor is required to use to speed up work.

4. **ACCEPTANCE CRITERIA:** A list of conditions without which the work is considered incomplete (a checklist for a lazy boss to verify the task in 10 seconds).

5. **PENALTIES AND EXCUSES:** A list of typical worker excuses and a harsh counter-argument/consequence for each.

Write this in such a way that even the laziest and stupidest employee (or the simplest AI bot) executes the task perfectly on the first try.

Real Case Study

Let's look at a real, painfully funny case study from my practice that clearly demonstrates the difference between a classic 'workaholic' and our Lazy Boss. Meet Victor — the owner of a small digital marketing agency. Victor is a classic follower of the 'hard work cult'. He woke up at 6 AM, fell asleep at 2 AM, personally checked every single ad creative, called every single client, supervised every post written by his copywriters, and endlessly compiled Excel spreadsheets. He had 12 people working under him, half of whom were busy writing reports about their work just to prevent Victor from yelling at them during the daily three-hour meetings. Victor proudly called himself a 'true leader' and complained of perpetual stress, until one fine day he earned himself a nervous breakdown and a stomach ulcer, while his business stagnated with a net profit of around \$4,000 per month.

Now, let's look at our hero — the Lazy Boss, who ran the exact same type of agency. Lazy Boss had only two people on his payroll: one capable project manager (who simply watched deadlines) and one general assistant. Everything else was done by neural networks. Lazy Boss conducted a total task audit using our prompts. It turned out that 80% of his employees' time was spent on brainstorming, copywriting, formatting client reports, and endless meetings. Lazy Boss made a cynical move: he fired the expensive copywriters and marketers, replacing them with a combination of ChatGPT and Claude. An individual AI agent was created for each client, which knew the client's brand book, target audience, and tone of voice better than any human. Generating a monthly content plan, which used to take Victor's team a week and a mountain of stress, took Lazy Boss exactly 12 minutes. The AI produced 30 posts adapted for different social media platforms, complete with hashtags and image ideas. Client reports, which Victor's managers spent entire weekends compiling, were gathered automatically for Lazy Boss: the AI pulled data from ad accounts via API, analyzed it, found insights, wrote a professional analytical text, and packaged it into a beautiful presentation in 3 minutes. While Victor was foaming at the mouth trying to explain to clients on the phone why their campaign failed, Lazy Boss's AI was already sending the client a preemptive email with a detailed analysis of competitors' mistakes and a proposal for a new strategy, written in the professional language of a Silicon Valley executive.

The result? Victor spent 80 hours a week on his business, paid huge salaries, constantly put out fires, and made pennies. Lazy Boss spent no more than 4 hours a week on his business, managed processes from his smartphone right by the pool of his villa in Thailand, had a net profit of \$20,000 (since software costs were only \$100 a month instead of thousands on salaries), and had absolutely happy clients who received perfect results on time. This case study is a classic example of how stubborn belief in manual labor loses to elegant intellectual laziness. The choice is yours: be Victor or be the Lazy Boss.

VOLUME 1: THE END OF “I’LL DO IT MYSELF” — WHY YOUR PERFECTIONISM IS RUINING YOU

Chapter 3: Your First Virtual Clone: How to Delegate Operations to an AI Assistant and Go on a Permanent Vacation

*The Ultimate Guide to Creating a Digital Slave for Small and Medium Businesses with
“Professional Slacker” Laziness Level*

Introduction

Let us face the brutal, unvarnished truth: humanity is deeply, incurably, and masochistically in love with suffering. Ask any traditional middle-tier business owner how things are going, and instead of dry profit figures, you will hear a tragic, epic poem. They will proudly tell you how they sleep four hours a night, how they personally control the purchase of office supplies, how they courageously battle cash flow gaps, and how their twitching left eye has been synchronized with the rhythm of the office printer for three months. Why do they do this? Because a slave dogma has been beaten into their skulls since childhood: “No pain, no gain” and “Hard work is the key to success.” Society has canonized suffering as the primary metric of achievement. If you are not completely burned out, if you do not have a stomach ulcer, and if you do not spend sixteen hours a day in useless Zoom meetings, then you are somehow not a real entrepreneur, but a fraud. What utter nonsense! Honestly, all this frantic hustle is nothing more than intellectual impotence and a deep-seated fear of actual strategic silence. Micromanagement is mental masturbation, creating a vivid illusion of intense productivity while delivering absolutely zero efficiency. The true pinnacle of entrepreneurial evolution is the “Professional Slacker” status. It is a state of absolute Zen, where the business generates maximum cash flow with minimum involvement of your precious physical body and mind. Laziness is not a vice; it is the single greatest evolutionary engine in human history. It was lazy people who invented the wheel, the remote control, and food delivery apps, simply to avoid moving their backsides unnecessary inches. Today, we possess the greatest gift of the universe: artificial intelligence. While foolish managers waste millions of dollars maintaining bloated teams of marketers, copywriters, assistants, and analysts — who spend half their working hours discussing TV shows around the water cooler — the smart and lazy boss delegates everything to neural networks. Remember this: carbon-based workers are capricious, they demand salary raises, go on parental leaves, burn out, and whine constantly. An AI assistant does not sleep, does not drink coffee, does not require paid vacations, and is ready to slave away for you 24/7 absolutely free or for a miserable 20 bucks a month. If you are still writing regulations, reviewing weekly reports, planning tasks, and replying to angry customer emails yourself, congratulations: you have voluntarily sold yourself into slavery to your own business. It is time to put an end to this madness, deploy your virtual clone, pour yourself a hot cup of espresso, and watch the silicon mind make millions for you.

Automation Strategy

Transitioning from the pathetic existence of an overworked pack mule to the supreme status of a lazy deity requires a precise and cold methodology. We are not going to write code or integrate complex enterprise systems — that is for nerds who love to suffer for peanuts. Our sole goal is to utilize ready-made neural networks as an incredibly advanced AI assistant, controlling them through the art of expert prompting. The entire process of total operational delegation consists of four simple, lazy steps that will permanently liberate you from daily routine.

Step One: Auditing and digitizing your digital footprint. Before you can dump your work onto an AI assistant, you must understand what your daily routine actually consists of. The vast majority of your day-to-day actions are repetitive cognitive patterns: answering typical emails, issuing instructions to subordinates, reviewing boring reports, or brainstorming ideas for marketing campaigns. For the next three days, perform only one simple task: record short voice memos on your phone every time you do something work-related.

Say things like, “Now I am replying to a customer who is angry about shipping delays...”, “Now I am explaining to the sales manager why his conversion rate is pathetic...”. Collect these audio recordings, run them through any free automated speech-to-text tool, and you will get a raw, accurate map of your entire operational workload. This is the raw meat that will feed your neural network.

\n\nStep Two: Building your virtual clone. For the AI assistant to think, write, and make decisions exactly like you, it must be carefully calibrated. You need to upload your best past emails, successful commercial proposals, old corporate announcements, and even examples of your specific corporate humor into the AI’s context. The neural network will instantly analyze and adopt your unique tone of voice. It will learn to mimic your personality with terrifying precision. From that moment on, none of your employees, partners, or clients will ever suspect that behind those polite, structured, or sharp and demanding messages stands a heartless algorithm, while you are lazily browsing yachts for your upcoming Mediterranean summer.

\n\nStep Three: Setting up the cognitive bridge. You must stop writing long, detailed specifications for your employees. Your new management routine should look like this: you record a 30-second chaotic brain dump on your phone: “Hey Mike, do that investor presentation, make sure we emphasize the new Q3 sales growth, cut the usual corporate fluff, make it 5 slides max, and have it ready by Friday.” You then drop this messy audio transcription into the AI assistant along with a specialized delegation prompt. Within seconds, you receive a perfectly structured, sharp, highly professional task description with clear deliverables, metrics, and KPIs, ready to be sent to Mike. Mike is absolutely blown away by your genius structural thinking and clarity, while you spent exactly thirty seconds of your life on it.

\n\nStep Four: Filtering reality. Force the AI assistant to act as your ultimate executive filter. Let it analyze the massive mountain of weekly reports from your team, cut out 99% of the self-justifying fluff, and present you with only the core truths. Why waste hours reading 50 pages of dull marketing reports when the AI can summarize it in three bullet points: “Traffic increased by 5%, lead cost rose by 12%, marketing manager John wasted the budget on useless tests again.” You get the absolute essence of your business, make key strategic decisions in 2 seconds, and delegate the execution and reprimands right back to the AI assistant. This is not just process optimization; it is a total cognitive detox for your brain.

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