

The Cowork Update Sheet

One page. Fifteen minutes a month. Your publishing stack stays current.

Every few weeks a new model ships. A new feature. A new way the tools you rely on can do more — or break what used to work. Most authors either chase every release and lose a week, or ignore updates and slowly fall behind.

This sheet is the middle path. Once a month, sit down for fifteen minutes. Fill it in. File it. When the next Book One ships, you will know exactly what changed, what you kept, and why. Your workflow becomes a thing you maintain — not a thing you rebuild.

HOW TO USE THIS SHEET

1. Print it, or duplicate the digital version. One sheet per month.
2. Skim the four sections. You do not need to fill in every box — only what changed.
3. Keep the filled sheets in one folder. After six months you have a traceable log of your stack.

Monthly Sheet

Month: _____ Year: _____

1. TOOLS IN PLAY

Primary model / app: _____

Supporting tools: _____

New since last month: _____

Removed / retired: _____

2. WHAT SHIPPED

Biggest release I noticed: _____

What it unlocks for my workflow: _____

What broke or changed behavior: _____

3. MY WORKFLOW DELTA

One thing I added this month: _____

One thing I simplified: _____

One thing I am still wrestling with: _____

4. NEXT MONTH'S BET

The one experiment I will run: _____

How I will know it worked: _____

Filled in by

Date