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OPC Solo Builder Playbook

A compact weekly sheet for clearer decisions and faster experiments.

Weekly loop

- 1 - Observe one real bottleneck.
- 2 - Prioritize one proof for this week.
- 3 - Create one small asset, workflow, or experiment.

Checklist

- 1 - Name one weekly bottleneck in a single sentence.
- 2 - Pick one output that proves progress.
- 3 - Limit the stack to the smallest useful set.
- 4 - Log one concrete signal before the week ends.
- 5 - Decide whether to keep, improve, or kill the test.

Review prompts

What changed this week that was visible from the outside?
Which tool removed friction, and which tool added it?
What should be simplified before the next experiment?

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OPC 一人成长手册

给每周复盘使用的一张轻量行动清单。

每周循环

- 1 - 先看一个真实瓶颈。
- 2 - 再选一个本周要证明的输出。
- 3 - 最后交付一个足够小、能得到反馈的实验。

检查清单

- 1 - 用一句话写清本周瓶颈。
- 2 - 选一个能证明进展的输出。
- 3 - 本周只保留最小工具栈。
- 4 - 记下一个具体信号或结果。
- 5 - 在一次复盘里决定下一步。

复盘问题

这周真正被外界看见的变化是什么？
哪个工具减少了摩擦，哪个工具增加了噪音？
下一个实验开始前，哪里还需要再简化？