

The 10-Minute Agent Workflow Reset

A free CosynkAI quickstart guide Developed by CosynkAI.com

Use this before your next AI task

Most weak AI results do not begin with a weak model. They begin with a missing working agreement: the goal is fuzzy, the important unknowns are hidden, and the agent is asked to act before anyone has decided what “good” means.

Use this short reset to give an agent enough structure to start well.

The five-minute reset

Before asking for output, write five lines:

1. **Goal:** What must be true when this task is complete?
2. **Evidence:** Which files, data, links, or constraints are authoritative?
3. **Unknowns:** What could change the solution if we discover it later?
4. **Boundaries:** What must not be changed or sent anywhere?
5. **Check:** How will we know the result works and matches the goal?

The smallest reliable cycle

Understand → Find unknowns → Choose an approach → Act → Verify → Explain

Do not run the full ceremony for a one-line reversible task. Use more structure when the decision affects architecture, data, money, security, or a public-facing result.

A standing instruction you can adapt

Work with me as a partner in research, planning, implementation, and verification.

Before acting, restate the goal, success criteria, important constraints, and open unknowns.
Separate confirmed facts from assumptions and hypotheses.
Ask only about decisions that could change architecture, data, security, cost, or the user result.
For subjective decisions, show a small prototype or a few options.
Work in small, verifiable steps. Record important deviations from the plan.
After working, check technical behavior, fit to the goal, edge cases, and remaining risks.
Explain what changed and what remains unknown.

Three questions for the final review

- What did we confirm, and what did we assume?
- What happens on the failure or edge-case path?
- What would we change if the result is not good enough?

Want the complete protocol?

This quickstart is the free entry point to **The Agent Work Protocol** — the full English guide for turning vague requests into a repeatable agent workflow.

Get the complete guide — \$47 one-time: CosynkAI Agent Work Protocol

The complete guide includes the full 21-section protocol, implementation notes, quality checklists, workflow cards, and a compact system instruction.

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