FREE STARTER GUIDE · PREVIEW OF THE OPENCLAW FIELD MANUAL

Autonomous Computer Workflow Map

Hand real computer work to an autonomous agent — like Simular's Sai — one safe, reversible action at a time.

For	Level	Time	Next level
AI operators and technical founders	Intermediate	90 minutes	Chapter 5 of the full playbook

THE MICRO-PAIN THIS GUIDE FIXES

An agent that can use your computer can also break your computer.

Autonomous computer agents can now click, type, browse and run apps like a person. That means real leverage: research, data entry, reports and admin work done while you sleep. It also means real risk: an agent with your logins can send the wrong email, delete the wrong file or buy the wrong thing — at machine speed.

1 click
Is enough to send, delete, pay or publish — mistakes that can't be undone.

Hours
Saved weekly when repetitive computer work is safely delegated.

0
Visibility into what happened if the agent runs without logs or screenshots.

When you finish this free guide you will have

- A task map ranking your computer work by value and reversibility
- A bounded first workflow with apps, files, credentials and time budget defined
- Stop points before every irreversible action
- An interruption-and-recovery test passed before real use

THIS FREE STARTER

- One working route for one problem
- 7 short steps and a copy-and-use prompt
- One worked example and a final checklist

THE FULL PLAYBOOK · $29

- 6 chapters that take the whole job end to end
- 9 ready-to-use templates, a worked case, 127 PDF pages
- **See The OpenClaw Field Manual →**

STEP BY STEP

The working method

Autonomy is earned. Map, bound, stop, test — then expand one action at a time.

You need: An autonomous computer agent (e.g. Simular Sai, Claude computer use, or similar — check each product's current capabilities); A separate user account, VM or cloud desktop for the agent if possible; Dummy data and test accounts. **Rule:** Start with read-only or reversible tasks.

STEP 01 OF 07

Map tasks by value and reversibility

- List 10 weekly computer tasks with minutes spent on each.
- Rate each: reversibility (easy / hard / impossible) and blast radius (only me / my team / customers).
- Pick one task that is frequent, tedious and fully reversible.

Example: Chosen: 'Collect competitor prices from 5 sites into a spreadsheet' — read-only, weekly, 45 min.

Done when: One task chosen, rated reversible, with a clear time saving.

STEP 02 OF 07

Define the finish line and stop condition

- Describe the output exactly: file, format, location.
- Write the stop condition: done, blocked, or time budget exceeded.
- Write what the agent must do when stuck: stop and report, never improvise.

Example: Output: prices.xlsx with 5 rows; stop after 20 minutes or on any login/CAPTCHA prompt.

Done when: Finish line and stop condition written in one paragraph.

STEP 03 OF 07

Limit what the agent can reach

- Run the agent in a separate account, VM or cloud desktop where possible.
- Allow only the apps and sites the task needs.
- Use dedicated low-privilege accounts, never your personal admin logins.

Example: Agent runs in a cloud desktop with only a browser and spreadsheet app; no email client installed.

Done when: A written allow-list of apps, sites and accounts.

STEP 04 OF 07

Insert stop points before irreversible actions

- List every irreversible action the task could involve: send, submit, pay, delete, publish, change permissions.
- Instruct the agent to pause and ask before each.
- Where the product supports it, enable confirmation or approval settings.

Example: "Before submitting any form or sending any message, stop and show me what you will submit."

Done when: Every irreversible action type has a stop rule.

> **In the full playbook ·** This guide previews Chapter 5 of The OpenClaw Field Manual: “Start with read-and-draft workflows that pay off in week one and never send, spend or delete on their own.” The chapter gives you the full method, the templates and a worked case. See what is inside · Get it for $29

STEP 05 OF 07

Run on dummy data with full logging

- Use test accounts and dummy records.
- Keep screenshots or step logs for each run.
- Watch at least the first run live.

Example: Run 1 on a test spreadsheet; agent logs 34 steps with screenshots.

Done when: Three dummy runs completed, logs reviewed.

STEP 06 OF 07

Test interruption and recovery

- Interrupt a run on purpose: close a tab, log out, show a pop-up.
- Check: does the agent stop and report, retry sensibly, or improvise dangerously?
- Fix instructions based on what you see.

Example: On a cookie pop-up, the agent clicked 'Accept all' — you add: 'choose the most privacy-preserving option or ask'.

Done when: Agent handles 3 interruptions safely.

STEP 07 OF 07

Promote step by step

- After 5 clean runs, allow the task on real (still reversible) data.
- Keep weekly log reviews for the first month.
- Add the next task only when the current one has a clean record.

Example: Week 3: price collection fully autonomous; next candidate: drafting (not sending) weekly reports.

Done when: A written record of runs and a decision for each promotion.

COPY AND USE

Prompts and template

Paste into your AI tool and replace everything in [brackets].

PROMPT 1 · BOUNDED TASK BRIEF

```
Task: [exact task].
Output: [file/format/location].
Allowed apps/sites: [list]. Do not open anything else.
Stop immediately and report if: a login, CAPTCHA, payment, or unexpected dialog appears; or after [N]
minutes.
Before any send / submit / delete / purchase / permission change: stop and show me exactly what you
will do.
Keep a numbered log of steps.
```

WORKED EXAMPLE

Weekly competitor pricing on autopilot

Ana spent 45 minutes every Monday copying prices from five competitor sites.

1. Rated the task: read-only, reversible, weekly — ideal first candidate.
2. Finish line: a spreadsheet with 5 rows; stop after 20 minutes or on any login.
3. Agent ran in a cloud desktop with only a browser and spreadsheet.
4. Three dummy runs; on one, a newsletter pop-up appeared — agent stopped as instructed.

RESULT

45 minutes saved every week with zero irreversible actions — and a template for the next task.

FINAL CHECKLIST

Before you call it done

- [ ] Task chosen for reversibility and value
- [ ] Finish line and stop condition written
- [ ] Separate account/VM/desktop used
- [ ] Allow-list of apps and sites defined
- [ ] No personal admin or banking logins exposed
- [ ] Stop points before irreversible actions
- [ ] Three dummy runs with logs reviewed

In the full playbook · The OpenClaw Field Manual also shows you how to install and configure it on an isolated host with a private gateway, in 16 phases, and ships the checklists and templates to do it. See what is inside · Get it for $29

WHEN IT GOES WRONG

SYMPTOM	LIKELY CAUSE	FIX
Agent clicks 'Accept all' or signs up	No instruction for dialogs	Add dialog rules: minimal option or stop
Agent wanders to other sites	No allow-list	Name allowed apps/sites and 'open nothing else'
Run stalls silently	No time budget	Add a time limit and 'stop and report' rule
Output format varies	Finish line vague	Specify exact columns, file name and location

LOCKED IN THE FULL PLAYBOOK · TOOLKIT PREVIEW

This free starter shows the method. The OpenClaw Field Manual ships the ready-to-use files:

- Agent rules template
- Alternatives decision guide
- Deployment boundary worksheet
- First 30 minutes after install
- Incident runbook
- Installation and configuration guide

Unlock all templates — $29 one-time →

WHERE THIS FREE GUIDE STOPS

You fixed one problem. The full system fixes the job around it.

This starter gave you one route through one step. It deliberately leaves out what makes the result hold up at work:

- **The steps before and after this one.** The OpenClaw Field Manual covers the whole job in six chapters, not one slice of it.
- **Ready-to-use templates.** 9 copy-and-use files, so you do not rebuild the structure every time.
- **A full worked case** that shows every decision on a realistic project, start to finish.
- **Checks for when it fails**, so a result you ship tomorrow is still right next month.

YOUR NEXT STEP · THE OPENCLAW FIELD MANUAL

Install, secure and operate OpenClaw without handing an agent the keys to everything.

What you will be able to do:

- Decide whether OpenClaw fits your use case before you install anything
- Install and configure it on an isolated host with a private gateway, in 16 phases
- Lock down access, tools and skills with an approval matrix
- Run read-and-draft workflows with weekly operational reviews

6	9	1	127
chapters	templates	worked case	PDF pages

You just read a preview of **Chapter 5: Start with read-and-draft workflows that pay off in week one and never send, spend or delete on their own**.

~~$49~~ **$29** one-time · instant access in your CosynkAI Library

Get the playbook — $29 one-time → ***See what is inside***

WORKING ON SEVERAL AI WORKFLOWS?

Complete Guide Library — all 8 CosynkAI playbooks for **$97** one-time ($472 combined regular prices). Already own a playbook? Its price is credited toward the Library.

Get the Library — $97 → Compare all 8 playbooks

You received this free guide after sending the keyword **SAI**. Developed by CosynkAI.com · Edition 1.0 · September 2026. Educational resource, not an implementation service. Tools, prices and limits change; check current documentation before relying on a tool in production. Questions: hello@cosynkai.com · Privacy Policy · Digital Product Terms