§ A practitioner playbook

What is an AI-powered Scrum Master?

Automate the toil. **Partner with AI.** Improve the system.

The core idea

An AI-powered Scrum Master automates the toil by partnering with AI to improve the system the team works in.

The role didn't disappear. It moved from the toil to the system.

The ladder · tick where you are today

1	→	2	→	3
☐		☐		☐
Generation		**Automation**		**Partnership**
You ask for content. You get content.		The toil runs without you.		You work with AI to see the system and improve it.

You do the toil → → You improve the system

SPOT · is it toil you can automate?

Run any task through SPOT before you build anything.

- ☐ **Simple** — Clear steps, no debate. Could you write down the rule?
- ☐ **Predictable** — Same inputs, same outcome.
- ☐ **Observable** — You can see when it's done right.
- ☐ **Tedious** — It repeats, and it drains you.

Passes all four → automate it **Fails one** → human judgement, with AI as partner

The SPOT loop · from noticing toil to removing it

01	→	02	→	03	→	04
Log the toil		**Describe the outcome**		**Build with AI**		**Act**
Write it down when it happens.		What "done" looks like, not how.		Pair with your AI to make it run.		Use the time you got back.

Then go round again. Your toil log tells you what to SPOT next.

Triggers & hooks · notice something, then ask about it

Trigger
What you notice in the system. AI is good at spotting it in data, notes and the board.

→

Hook
The question that sparks the team's curiosity. That part stays human.

Four levels of questioning

1 Telling
2 Leading
3 Powerful questions
4 **Triggers & hooks**

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§ Your Monday action · one-week habit

Start with your *own* toil

Try this for one week, starting Monday. Use the AI assistant you already have.

The moves

Say them to your AI, in your own words

Log my day.	End of every day	Talk for two minutes about your day, then: "Sort what I just said into toil and judgement. Add the toil to my toil log."
SPOT this.	Something feels like toil	"Check this task against Simple, Predictable, Observable and Tedious. Tell me which fail and why."
Describe the outcome.	It passes SPOT	"Help me write what done looks like for this. The result, not the steps."
Build it with me.	The outcome is clear	"Help me turn this into a saved prompt, a scheduled flow or a small script."
What do you notice?	Before an event	"Look at this board export. List patterns worth noticing. Observations only, no conclusions."
Give me a hook.	You have a trigger	"Turn this into three open questions for the team. No telling, no leading."
What is stale?	Friday	"List the toil items older than a week. For each one, ask me: build it, keep it or drop it."

The week

Log every day, build on Friday

☐ Mon	☐ Tue	☐ Wed	☐ Thu
Log my day	Log my day	Log my day	Log my day

Fri · most tedious item _____

SPOT ☐ S ☐ P ☐ O ☐ T

Done looks like _____

What stays human

What my AI doesn't do

- Decide what counts as judgement. I do.
- Speak to the team for me. I post, I ask, I coach.
- Invent an owner, a date or a decision to fill a gap.
- Read team conversations without the team's consent, and without saying what it reads and why.

Write this list down before you automate anything.

→ **Say this to your team:** "You know that problem we're facing with _____? I have an idea of how we can solve it."

The full starter kit

Set-up prompt, toil log template and every move, ready to copy.

triforceagility.com/resources/ai-scrum-master-starter-kit

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