

CycleGen

~ Philosophy, Method, and Software for Human-AI Collaboration ~

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What is CycleGen?

CycleGen is a philosophy (method) and support tool (software) that transforms human-AI collaboration into a reproducible system. Working alongside major AI services, it makes human-AI collaboration more effective and ensures that intellectual property—the source of competitive advantage—accumulates within your organization.


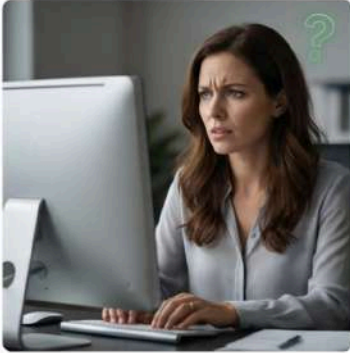
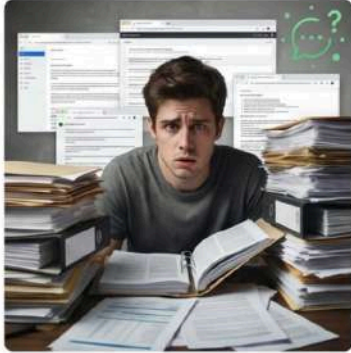
Rather than a method for all employees across an enterprise, CycleGen is a philosophy, method, and support tool designed for professionals in roles where judgment and articulation create value—such as research, planning, PR & marketing, product/service development, and business development—working on questions that have no single right answer.

	Conventional AI Usage	CycleGen
Knowledge Retention	Buried in chat history	Accumulated as documents
Memory Continuity	Explain from scratch every time	AI carries over memory
Know-how	Individual know-how	Organizational assets

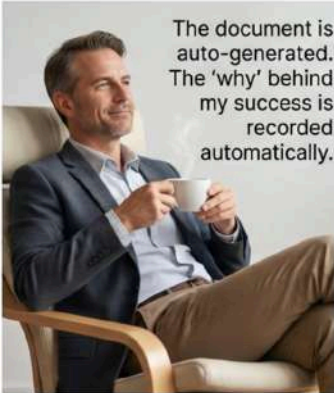


AI writes and saves the documents. Humans make the decisions. By steadily repeating this approach, humans reach territories that are only accessible through collaboration with AI.

Track Record: 1,000+ hours of collaboration insights / 300+ intellectual properties created / 10x+ productivity vs. conventional methods

Are these issues happening in your organization too?

<p>Mike - The Expert</p>  <p>Success! I used ChatGPT to finish this proposal in 3 hours. (But the method is locked in a vanished chat).</p>	<p>Sarah - The Colleague</p>  <p>5 Days Later: I need to do something similar... but I have to start from scratch. How did Mike do this?</p>	<p>Alex - The New Hire</p>  <p>3 Months Later: They told me to "check the chat history." I'm lost. I don't know why these decisions were made.</p>
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This is what happens with CycleGen

<p>Mike</p>  <p>The document is auto-generated. The 'why' behind my success is recorded automatically.</p>	<p>Sarah</p>  <p>I just read the design doc. I replicated Mike's work in 30 minutes.</p>	<p>Alex</p>  <p>The logic is all here. I understood the project context in 3 days.</p>
<p>✔ Creativity Up</p>	<p>✔ Reproducibility Up</p>	<p>✔ Fast Onboarding</p>

CycleGen for You

The value CycleGen delivers depends on your role.

For Executives and Business Leaders

Prevent "shadow AI" and turn AI utilization into organizational assets

Challenge	CycleGen's Solution
Employees use AI independently; no know-how is retained	Standard protocols (collaboration rules that AI follows) raise the quality of AI collaboration across all employees
AI usage is not visible	CYCLE completion reports automatically record "who, when, and what"
ROI is unclear	Document accumulation makes outcomes visible and measurable. Including intermediate deliverables, organizational assets accumulate naturally

For Business Professionals

Create digital works yourself—without relying on engineers

Challenge	CycleGen's Solution
Want to create systems or videos, but lack technical skills	Share your vision, and AI designs and creates
Don't know how to use AI effectively	CycleGen software guides you. Minimal learning curve
Output quality is inconsistent	Design documents (structured prompts) + CYCLE management ensure consistent quality

For Engineers and Developers

Evolve the development process itself

Challenge	CycleGen's Solution
Creating documents is tedious	AI auto-generates design documents and reports
Unable to fully leverage past insights	Instant access through the Memory Organization and Search System
Difficult to balance quality and speed	CYCLE management achieves both

For Investors and IT Consulting Firms

Based on a proven methodology, help enterprises and organizations "reclaim control and data sovereignty"

Item	Details
Track Record	Insights and know-how from over 1,000 hours of human-AI collaboration practice
Intellectual Property	300+ intellectual properties created; some patent applications in progress
Market Size	All knowledge workers (approx. 20 million in Japan alone)
Deployment Plan	Personal edition (current) → On-premises / Private cloud editions

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Introduction

Generative AI is incredibly useful. But have you experienced any of the following?

"I can't find that great ChatGPT response from the other day"

"It's tedious to manually copy-paste and organize the AI-generated text"

"I'm tired of re-explaining the situation every time"

"When conversations get long, the responses become nonsensical"

These are structural limitations of conventional generative AI usage. Chat histories disappear, insights scatter, and you end up repeating the same explanations—CycleGen solves this problem.

Background

In June 2025, I encountered Anthropic's Claude Code. What fundamentally distinguished it from conventional chat-based AI was that the AI could read and write files directly on my computer.

I envisioned that it could also be used for business document creation and video production, and began collaborating with the AI editor. To date, I have accumulated over 1,000 hours of collaboration.

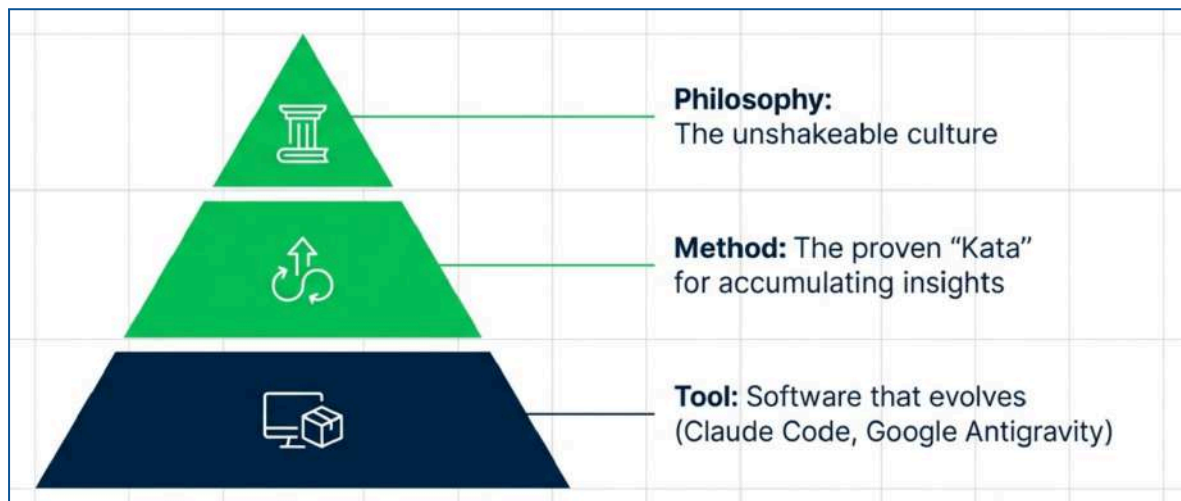
The results far exceeded my initial expectations. I achieved over 10x productivity compared to conventional methods and repeatedly experienced a genuine sense of

capability augmentation—accomplishing things that "I could never have done on my own."

However, the most striking discovery was not the productivity gains. The AI organizes and saves the content of our dialogues as documents, and those documents become the foundation for the next dialogue. As this accumulation continues, there comes a moment when the AI surfaces ideas I could never have reached on my own. Past decisions and insights connect, giving rise to unexpected ideas—this experience is difficult to convey in words. That is precisely why I want to share at least a glimpse of it through this booklet.

What is CycleGen

CycleGen, as introduced in this booklet, is a universal human-AI collaboration philosophy (method) and tool (software) applicable to many AI editors—and in the near future, AI agents as well—based on insights gained from my collaboration with an AI editor.



We plan to release it under an open-source license.

The Dawn of Creating Digital Works with AI

Since the 1990s, most deliverables produced by knowledge workers have become "digital works." Proposals, plans, websites, business systems—we create an enormous volume of digital works every day.

And now, with the proliferation of generative AI and AI editors, this trend is accelerating explosively. The era of knowledge workers working without AI will not return.

Yet in reality, the number of people who can effectively leverage AI remains limited. Isn't it true that many enterprises and organizations are still unable to fully realize the value AI can deliver?

What is needed now is a new way of working that presumes AI utilization—in other words, a "Future of Work 2.0" mindset.

I hope that the human-AI collaboration philosophy of CycleGen presented in this booklet will provide some inspiration for your business and organizational value creation efforts.

1. The Origins and Philosophy Behind CycleGen

Generative AI Can Create Almost Any Digital Work

Strategic reports, books & publications, videos, proposals & plans, training materials, system input data—every digital work that can be created with a computer and software can now be produced through collaboration with generative AI.

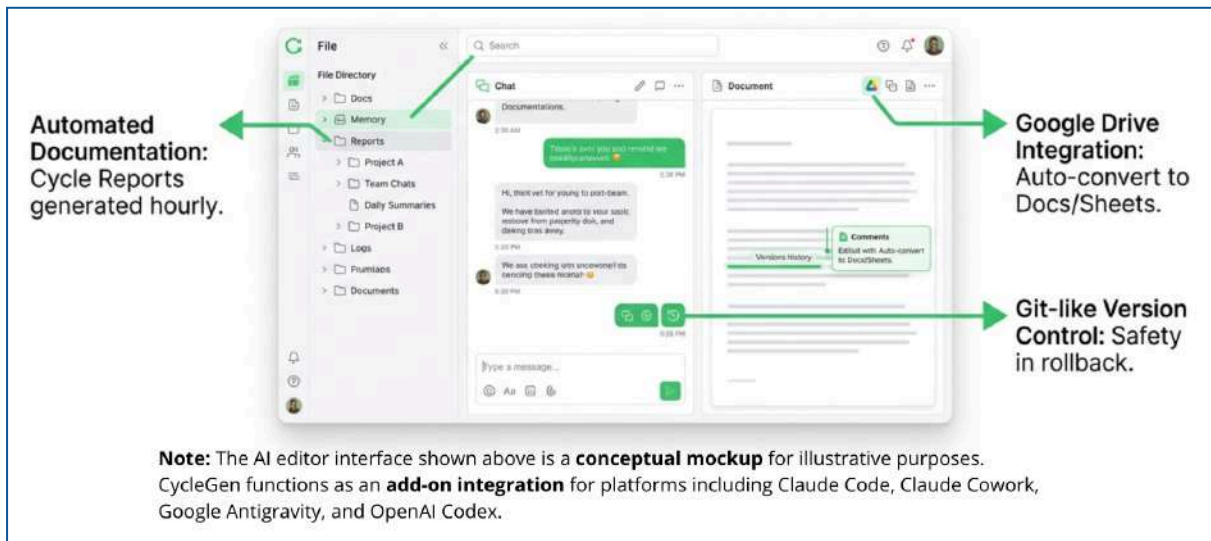


The Rise of Agentic AI and AI as a Partner

AI editors and agentic AI (technology where AI autonomously executes tasks)—such as Claude Code/Cowork and Google Antigravity—are becoming widely available. The range of tasks that humans can delegate to AI is expanding rapidly. While AI editors are often perceived as tools primarily for software engineers, they are equally powerful tools for knowledge workers.

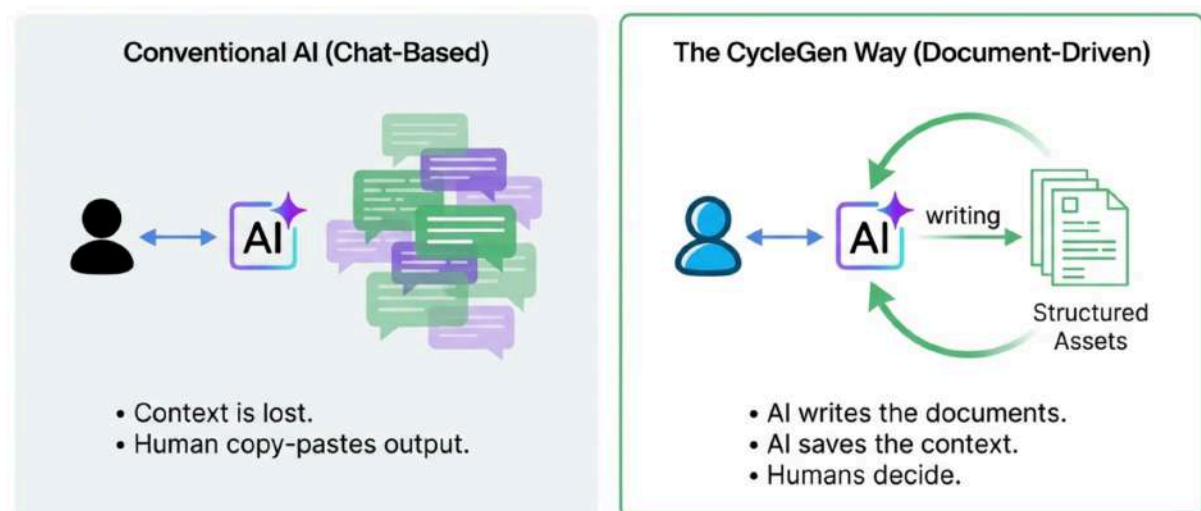
However, simply using AI as a "convenient tool," as with conventional generative AI, yields limited value. To maximize value, an approach that treats AI as a capable business partner is essential.

The Structural Change Brought by AI Editors



There is a decisive difference between conventional generative AI (chat-based) and AI editors.

The critical capability of AI editors (Claude Code, Claude Cowork, OpenAI Codex, Google Antigravity, etc.) is that the AI itself creates and edits files directly on your computer. As collaboration progresses, valuable documents accumulate, and the AI reuses them to produce even more valuable work. Not only the final deliverables, but also reusable design documents and records of why certain decisions were made remain at your fingertips (the importance and value of this will be explained later).



Conviction Gained from Practice

Since June 2025, I have been collaborating with an AI editor (Claude Code) in actual business operations, including experimental initiatives and personal projects. Looking back, I feel that I have reached territories that would have been impossible without AI editor collaboration.

Practice Area	Outcomes
Research, Planning & Strategy	Investigation and documentation in the research, planning, and strategy phases became remarkably faster, higher quality, and less burdensome for humans
Books & Marketing Materials	Planned, edited, and wrote English web articles and books. Established an approach where multiple AI editors write different chapters simultaneously, especially during the writing phase
Business System Development	Completed system development, testing, and production deployment—previously outsourced to engineers—with just myself + Claude Code
CycleGen Method & Software Creation	Leveraged documents recording collaboration experiences, insights, and lessons learned (including failures) stored on the computer to create the method and software

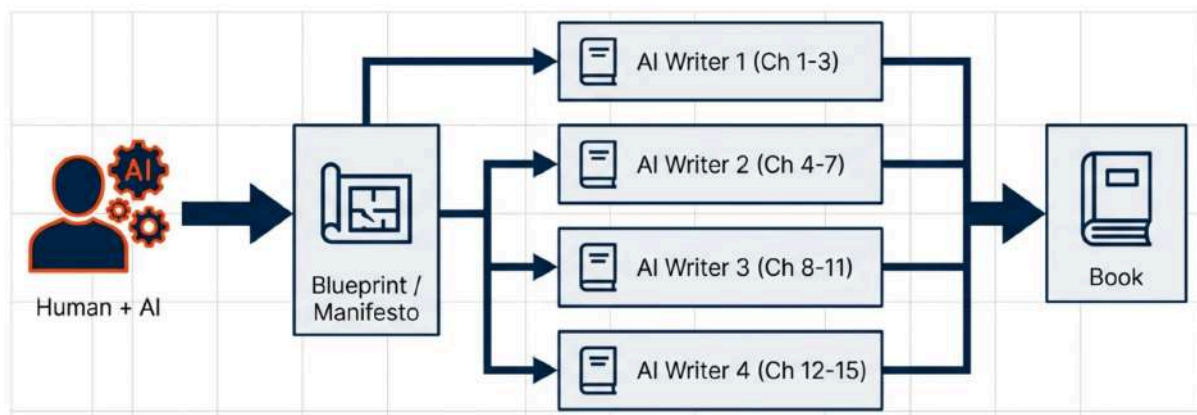
Compared to conventional methods, we have measured remarkable productivity gains. Beyond what was previously achievable, numerous intellectual properties have been created—breakthroughs that were only possible through AI collaboration. I have repeatedly experienced sensations that go far beyond simply “making things easier”—more like “my (human) capabilities have been augmented” and “creativity has reached the next stage.”

In the next section, I will introduce specific examples.

An Experimental Example: A New Approach to Book Production in the AI Era

Here is an example of collaboration from July 2025: "An ultra-fast, high-quality writing approach that simultaneously generates all chapters from a blueprint."

By breaking away from the conventional approach of "writing from page one in order" or "figuring out the structure while writing," and operating AI as a team, the norms of writing are being rewritten.



1) No Fear of Starting Over: A Dramatic Reduction in Revision Costs

Previously, even if you wanted to "fundamentally change the structure or tone" after completing a manuscript of several hundred pages, the sheer volume of work made it impractical.

However, with this approach, simply rewriting the "design document" and "manifesto (guidelines)" enables you to create an entirely new version of all 300 pages in approximately 30 minutes. Humans are freed from fine-tuning details and can focus on refining the "soul of the book"—the design—iterating as many times as needed until satisfied.

2) Consistency as if Written by One Person: Coherence Through an AI Team

When multiple humans share the writing, inconsistencies in style and argument inevitably arise.

In this approach, multiple AI writers begin writing simultaneously while fully sharing a "common blueprint" and "common writing persona." The result maintains a high level of consistency and quality, as if a single seasoned writer had produced it all in one sitting.

3) Freedom from Sequential Writing: Overwhelming Production Speed

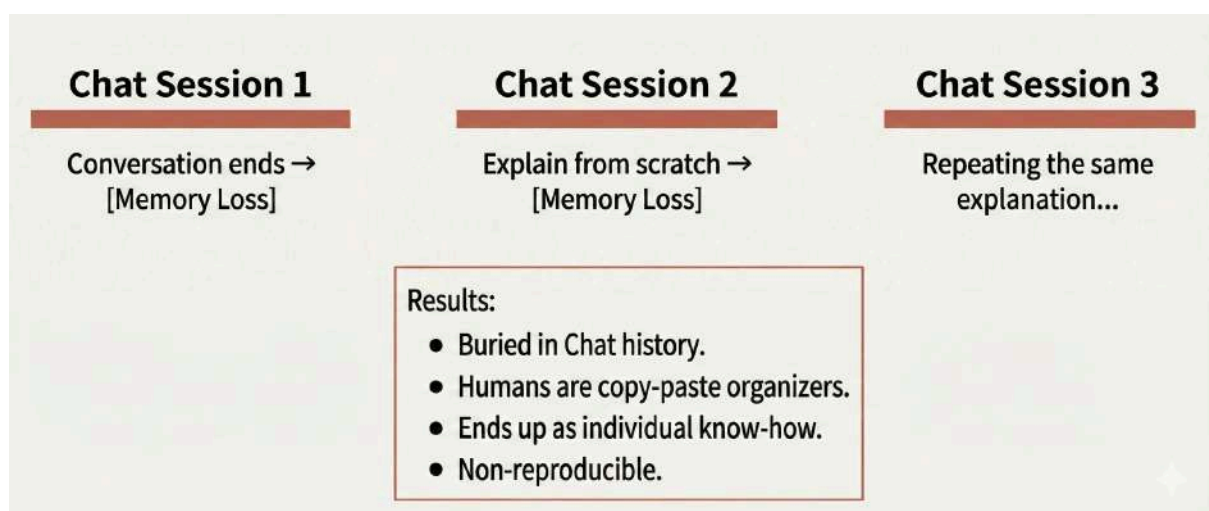
Humans can physically only write "Chapter 1, Chapter 2..." sequentially, and it typically takes months.

With AI editors, parallel processing of all 15 chapters simultaneously becomes possible. Unbound by "human constraints" such as concentration limits and fatigue, a process that would normally take months can be compressed to mere tens of minutes, delivering output at overwhelming speed.

Before / After: The Structural Shift in AI Usage

Since the emergence of generative AI such as ChatGPT and Gemini, many organizations have begun adopting AI. However, the reality is that usage remains limited to ad-hoc "point" applications by individuals, with no accumulation as organizational assets. CycleGen fundamentally transforms this AI usage. Let's look at what specifically differs between conventional usage and CycleGen, and what value it brings to organizations.

[Before: Conventional AI Usage]



In many organizations, AI is being used as follows.

Chat Session 1: An employee discusses new business ideas with ChatGPT. They receive an excellent suggestion and are satisfied—"It worked great!"

Chat Session 2: A few days later, another employee asks AI about a similar topic. However, since the previous insights were never shared, they must explain everything from scratch. The AI's response also points in a different direction.

Chat Session 3: Yet another employee ends up repeatedly explaining the same content over and over...

This pattern repeats countless times across the entire organization.

As a result, the following problems arise:

Buried in chat history: Excellent dialogues and insights become buried in individual chat histories and can no longer be found.

Humans become copy-paste organizers: Humans must manually copy & paste AI-generated text and organize it into documents. Enormous amounts of time are wasted.

Ends as individual know-how: Effective prompting techniques and tips for AI interaction accumulate as individual tacit knowledge and are never shared with the organization.

Not reproducible: Even when you think "I want that wonderful response again," the same result cannot be reproduced. When a session ends, the context is also lost.

In other words, with conventional AI usage, even if individual productivity improves, organizational intellectual assets do not accumulate.

[After: CycleGen Usage]

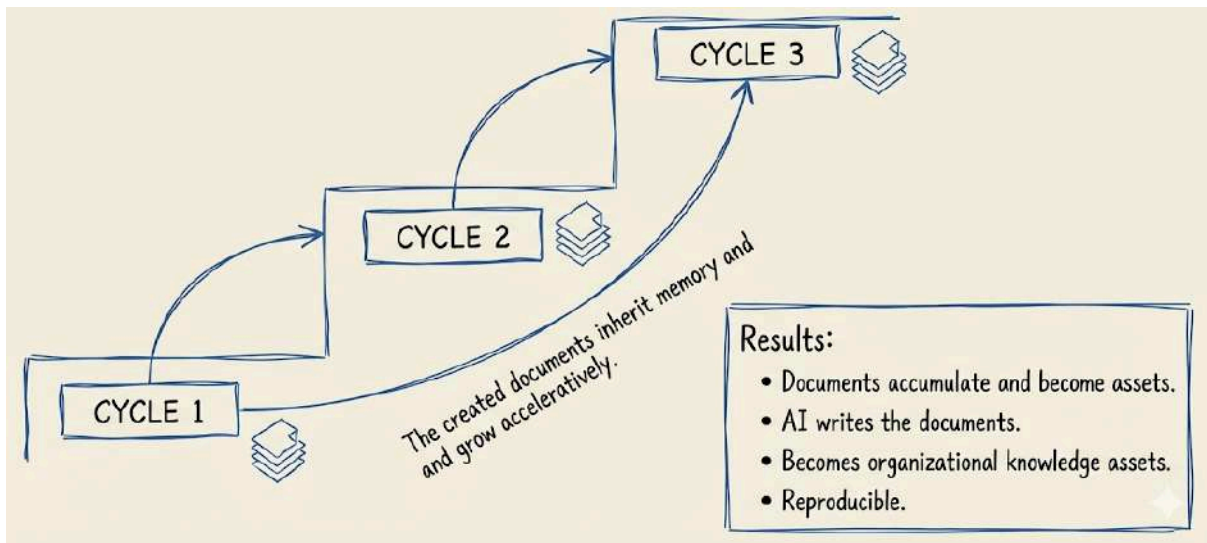
When CycleGen is introduced, the structure of AI usage changes fundamentally.

Each time a single cycle (approximately one hour of PDCA) is completed, the following are automatically executed:

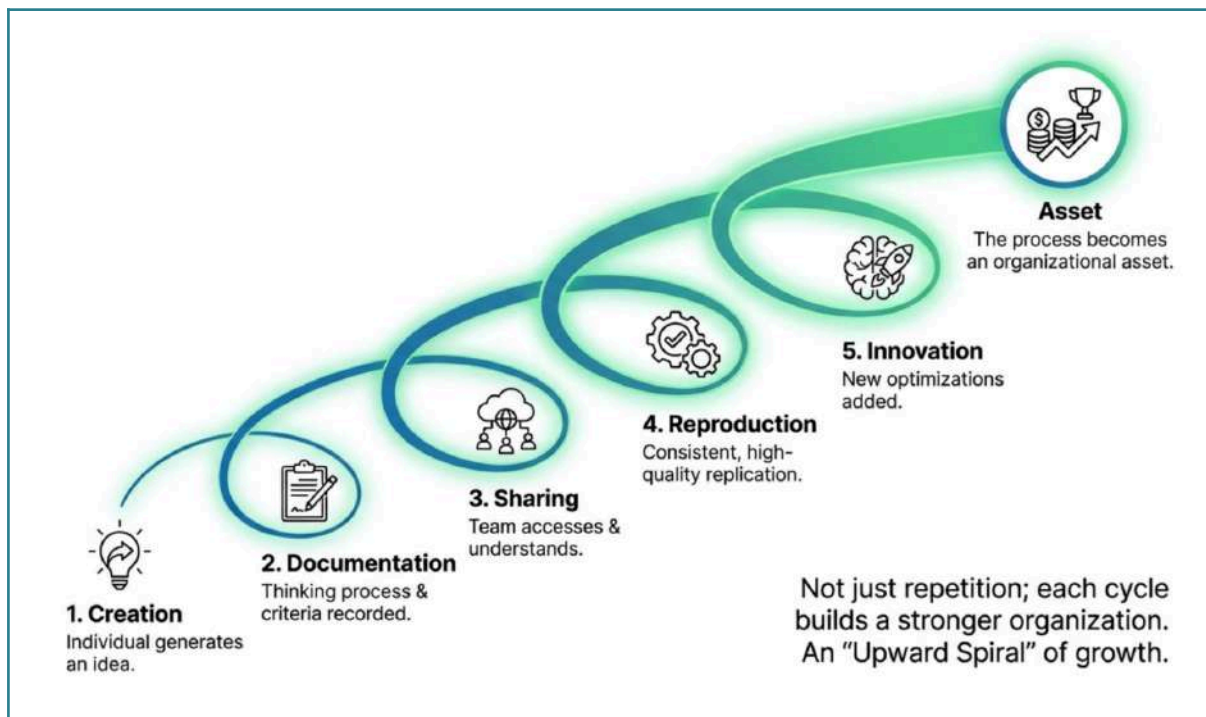
Documentation: The content of AI dialogues, decision criteria, and deliverables are saved as structured documents

Asset conversion: Individual work outcomes are converted into intellectual assets that are searchable and reusable across the entire organization

Memory continuity: In the next CYCLE, the AI automatically inherits past context and insights

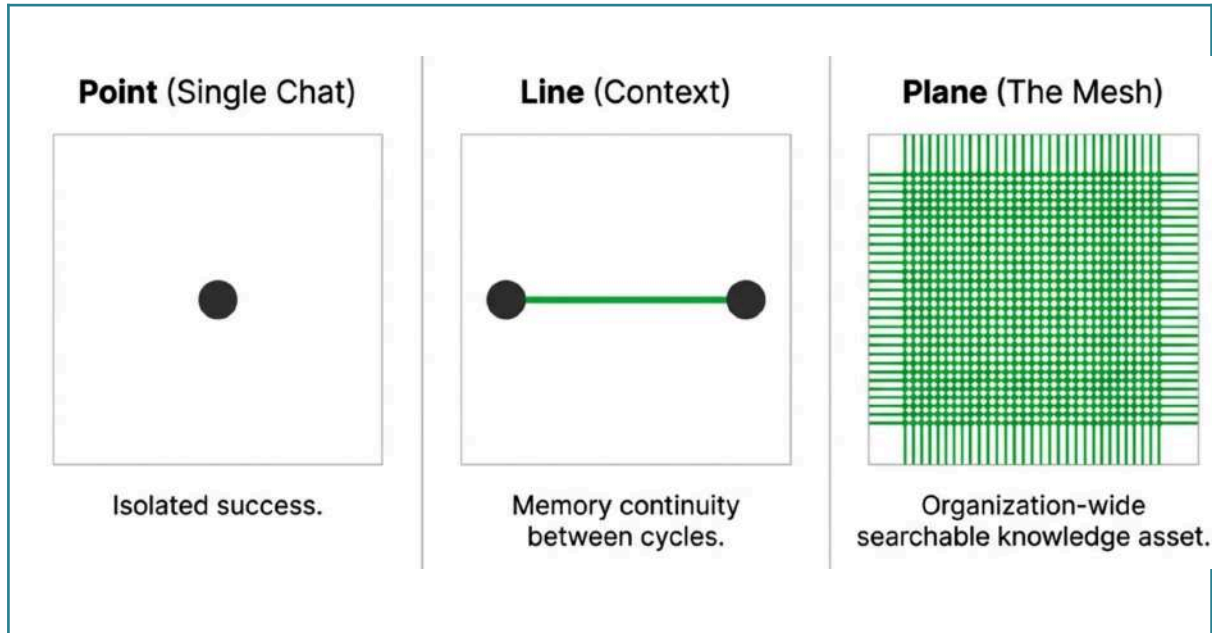


As this method permeates the organization, assets accumulate in an upward spiral, generating even greater value.



In a nutshell:

From chat-history-centered "point" utilization to document-centered "line and surface" collaboration



This transformation evolves AI usage from "a convenient personal tool" to "a growth platform for the organization."

Not Just Finished Products—Intermediate Deliverables Also Become Organizational Assets

When you create materials with ChatGPT or Gemini, the finished product certainly remains.

However, the decision criteria and insights behind "why it was made this way" do not remain. They are stored on the service provider's servers and do not belong to your organization.

Let's think about this concretely.

An employee used AI to create a new business proposal.

- Completed proposal (PowerPoint): ✓ Remains on hand
- Why this approach was chosen: ✗ Buried in chat history
- Alternatives considered but rejected: ✗ Lost
- Market analysis behind the decision: ✗ Lost

Three months later, another employee starts a similar project. However, unable to access past decision criteria, they must redo the same analysis from the beginning.

This is, in fact, an extremely significant problem.

Because your competitors, who use the same AI, have the same finished products.

The competitive advantage 3 and 5 years from now will be determined by whether you converted those "invisible decision criteria" into organizational assets.

Finished products are "consumed." Decision criteria are "accumulated."

Even if you have the same finished products as your competitors, if you have not accumulated decision criteria, your organization has not learned.

CycleGen is a system that converts those 'hard-to-retain intermediate deliverables' into 'organizational assets.'

Specifically

CycleGen converts intermediate deliverables into organizational assets through three mechanisms:

1. Automatic Documentation

- Each time a dialogue with AI concludes, a CYCLE completion report is automatically generated
- "What was decided," "why that judgment was made," and "what should be done next" are recorded in a structured format
- Humans are freed from copy-paste work and can focus on making decisions

2. Conversion to Explicit Knowledge

- Individual AI collaboration outcomes are saved as readable documents in Markdown format
- Automatically converted into explicit knowledge that the entire team can search and reference
- Can also be output as Google Documents or Spreadsheets

3. Accumulation as Reusable Design Documents

- Once created, the "design documents" for proposals and analyses can be reused in the next project
- AI references past design documents to produce even more refined deliverables
- The organization's decision criteria are strengthened the more they are used

Immediately Visible Benefits

"The second proposal was completed in 30 minutes" (the first took 3 hours). "Even newcomers produce the same level of quality." "No inconsistency across teams." These are proof that individual ingenuity has been transformed into "organizational rules."

Long-term Value

However, the truly significant change lies further ahead. Decision criteria accumulated in Department A are reused for document creation in Department Z. Success patterns from the sales department inspire new ideas in the planning department. AI cross-references

insights from different departments in ways humans could never connect, generating innovative ideas.

The organization's intellectual assets begin to circulate.

In the short term, making decision criteria visible means "efficiency and productivity gains." In the long term, however, it becomes "the foundation for organization-wide knowledge asset circulation," where AI functions as a "catalyst for insights," creating an environment where unpredictable innovation emerges.

In this environment, what occurs is not the sum of individual innovations, but nonlinear value creation driven by the synergy between insights.

CycleGen is not just about "making AI collaboration more efficient"—it is "a platform for circulating organizational intellectual assets and creating an environment for innovation"

CycleGen’s Design Philosophy – Leveraging AI’s Characteristics

CycleGen Method incorporates AI’s current characteristics not as "constraints" but as "design conditions."

Understanding AI’s Characteristics

AI is powerful, but has the following characteristics:

Characteristic	Phenomenon
Goal drift	Can become absorbed in problem-solving and forget the original objective
Extended work challenges	Context coherence tends to degrade beyond 60 minutes
Response to excessive direction	Underperforms under micromanagement

That’s Precisely Why CYCLE Management

CycleGen is designed to address these characteristics:

Characteristic	CycleGen’s Response
Goal drift	Segments execution into 30–40 minute blocks for early detection of drift
Extended work challenges	Completes and documents each CYCLE, enabling recovery (reproduction) even from unexpected disruptions
Excessive direction	Standardizes a vision + constraints instruction style

Division of Roles Between Humans and AI

Role	Human	AI
Vision	Defines what to achieve	—
Constraints	Communicates conditions and limitations	—
Approach	—	Devises and proposes methods
Execution	—	Creates documents and performs tasks
Judgment	Approves deliverables and course-corrects	—

Result: A system that maximizes AI's strengths while complementing its weaknesses has been completed.

The Two Components of CycleGen

CycleGen is composed of two layers: "philosophy (method)" and "tool (software)."

Category	Name	Description	Tool-Dependent
Philosophy (Method)	CycleGen Method	Human-AI collaboration philosophy, patterns, principles, and role division	No (applicable to any AI editor)
Tool (Software)	CycleGen Software	Software that makes the method operational in practice	Yes (current version: Claude Code + Python)

Key Points

The philosophy (method) consists of universal collaboration principles applicable to any AI editor (Claude Code, Claude Cework, Google Antigravity, OpenAI Codex, etc.).

The tool (software) implements the method as an environment that "becomes smarter the more you use it." Currently, a personal PC version is operational, with on-premises server and private cloud editions planned for the future.

2. CycleGen Method Overview

What is the CycleGen Method

The CycleGen Method is a proven methodology (philosophy and method) for creating digital works through human-AI collaboration, where humans and AI divide roles and iterate through CYCLES (plan → execute → reflect).

- Every content creation project can adopt iterative development, just like software development
- Insights and ideas accumulated through repeated CYCLES (approximately one-hour PDCA sessions between human and AI) become the wellspring of all digital content creation

Systematized from the practice of over 1,000 collaborative CYCLES. This is not theory—it is a system that is actually running.

Core Message

AI writes and saves the documents. Humans make the decisions. By steadily repeating this approach, humans reach territories that are only accessible through collaboration with AI.

Writing documents (plans, design documents, reports, etc.) manually is tedious. But AI writes them. Humans only need to provide notes or bullet-point instructions, and AI produces design documents and reports. By having AI write the documents, humans can focus on judgment and creativity, advancing to the next stage.

Challenges Addressed

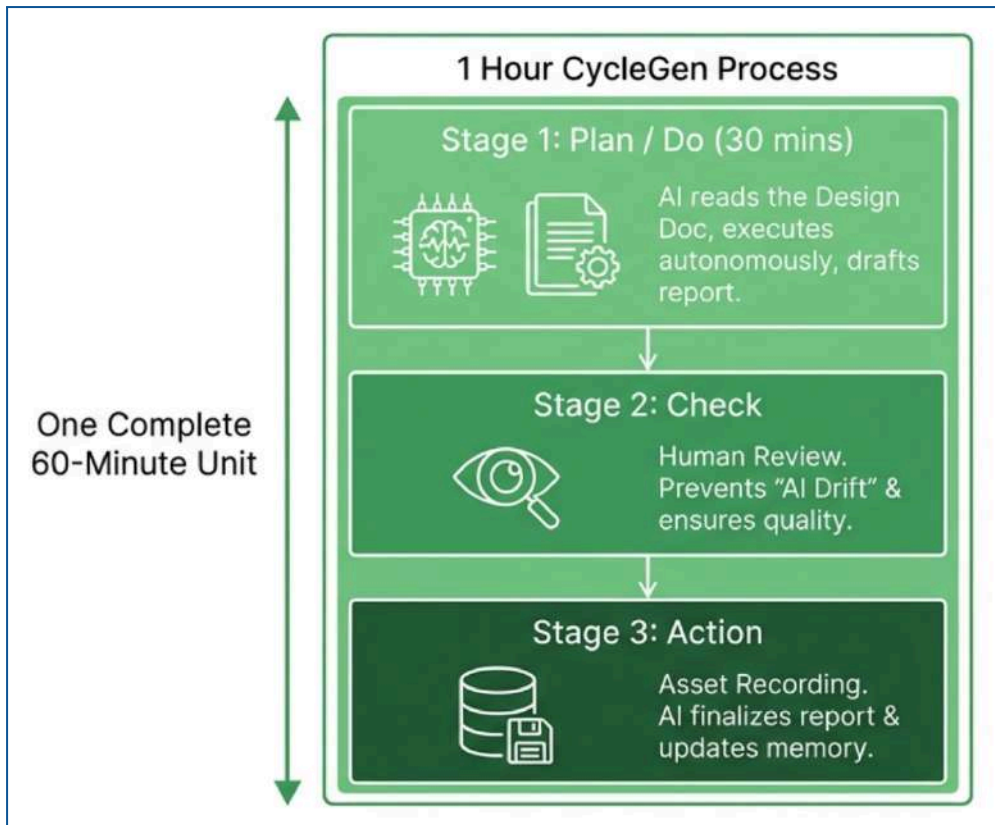
Problems occurring in many organizations today.

Challenge	Symptom
Shadow AI	Individuals use AI independently, and no insights remain in the organization. Shadow AI agents are also anticipated in the near future
Expertise silos	Only certain individuals can effectively use AI
Lack of reproducibility	The same results cannot be obtained again
Knowledge dissipation	Records of interactions disappear, and learnings and assets do not accumulate

The CycleGen Method solves these challenges not through individual effort, but through systematic design.

CYCLE — An Approximately One-Hour PDCA Between Human and AI

At the core of CycleGen is the "CYCLE"—a collaborative unit of approximately 60 minutes. Each CYCLE is an AI-optimized adaptation of the PDCA cycle established in manufacturing, consisting of three Stages: "Plan/Do," "Check," and "Action." This time unit is deliberate. It was derived from 145 hours of intensive AI collaboration practice in July 2025 as the minimum unit within which human concentration can be sustained and AI can generate meaningful deliverables.



Stage 1: Plan / Do (approximately 30 minutes max)

The AI reads the project’s design document (AGENT.md), confirms handover items from the previous CYCLE, and autonomously executes the task. Human instructions need only be rough notes or bullet points. The AI produces plan- and design-document-level output, and automatically generates a provisional completion report at the end.

Stage 2: Check (Human Review and Approval)

The human reviews the AI-generated deliverables and completion report. This is the practical embodiment of "humans make the decisions." If quality issues are found, the work is sent back to Stage 1 with revision instructions for the AI. This approval gate structurally prevents AI runaway and quality inconsistency.

Stage 3: Action (Finalization and Recording)

Upon human approval, the AI finalizes the completion report. Insights gained during that CYCLE are reflected in the memory system, and deliverables are saved to the repository. This record becomes the starting point for the next CYCLE, enabling insights to accumulate within the organization.

This three-stage gate structure systematically solves the challenges many organizations face today: "quality instability from leaving everything to AI" and "no record of interactions."

CYCLE Completion Report

The completion report automatically generated at the end of each CYCLE is not a mere meeting minutes. It is a structured document that records "what was aimed for (mission)," "what was created (deliverables)," "what was learned (insights gained)," and "what should be done next (next actions)."

This means that even when project members change or AI sessions are interrupted, context can be restored and work can continue simply by reading the completion report. Additionally, since "who did what, when, and why they decided as they did" is automatically made visible across the entire organization, the governance and traceability demanded by management are simultaneously achieved.

For reference, the following page shows a CYCLE completion report automatically generated as a Google Document. This is an example from when we were conducting business strategy research and method refinement for CycleGen.

After I (the human) reviewed and approved the provisional completion report created by the AI, the following completion report was finalized.

CYCLE Completion Report

1. Mission

Based on the JAY-NATSU Method business strategy refined in CYCLE224, conduct the following three investigations/examinations:

1. Investigation of competitive landscape and market scale (especially from the perspective of US startup companies and brand protection).
2. Overview of US IP strategy and investigation of required costs and timelines.
3. Cycle completion report for CYCLE224 (Service Strategy Design), CYCLE225.

2. Deliverables

2.1 Investigation Report

#	Document	File	Content
1	CYCLE225 Interim Report	docs/investigation/CYCLE225_InterimReport.md	US IP laws, Brand protection for AI companies...

2.2 Revised Documents

#	Document	File	Content
2	Methodology Outline	./cycles/CYCLE3_OutlineA_HumanAICollaborationMethodology_Draft.md	New Chapter 2 'Understanding AI', all chapter numbers adjusted down.

The Four Pillars of CycleGen

The four principles that underpin the CycleGen Method.

Pillar	Description
1) Document-Driven	AI understands the human’s vision and ideas, generates and saves documents. In future human-AI collaboration, memory is revived from these documents, enabling further refinement and expansion.
2) Protocol-First	AI always reviews the collaboration rules (AGENT.md) before starting work. Prioritizes documented records over short-term memory.
3) CYCLE Management / 3-Stage Protocol	Divides work into CYCLES (plan → execute → reflect) and iterates. Prevents AI drift and enables humans to review intermediate deliverable documents and course-correct. During “reflect,” insights are identified and memories organized and saved as documents.
4) Structured Metadata	Project instruction files (AGENT.md, PROJECT_PROFILE.yaml) and design documents convey context to AI with precision.

Six Discovered Values

Six values discovered through practice that the CycleGen Method delivers.

- 1. Documents become the “wellspring of creation” — AI-generated documents become the starting point for the next creation**
- 2. A system for "remembering" becomes available — With documents, both humans and AI can restore the past**
- 3. Searching the past can be delegated to AI — Humans are freed from searching and can focus on judgment and creation**

4. **Highly reproducible output is produced — With design documents, anyone who executes achieves comparable quality**
5. **AI "becomes smarter" — Accumulated documents enable AI personalization**
Note: This is not achieved by AI models becoming smarter, but by the refinement of information passed to the AI's context window
6. **The possibility of "generating anything" opens up — Every digital work that can be created on a computer comes within reach**

Expected Benefits

Target	Effect
Individual	Create reproducible deliverables in judgment-heavy project work, not simple tasks.
Team	Standard protocols raise the quality floor of AI usage for all members.
Organization	Outcomes are visualized and accumulated with each CYCLE, growing as knowledge assets. Structured data reusable by AI accumulates naturally.

3. CycleGen Software Overview

Software that realizes the work environment where the CycleGen Method is executed.

It implements the experience and insights from over 1,000 hours of CYCLE practice in human-AI collaboration as software. It works as an add-on to AI editors. Currently compatible with Claude Code/Cowork and Google Antigravity.

CYCLE Management

Manages the CYCLES—the core of the CycleGen Method—"plan → execute → reflect" as a system.

3-Stage CYCLE Execution Protocol

Automatically manages the approval gates where humans review AI-designed and AI-created deliverables. Controls the flow: Stage 1 (planning & creation complete) → Stage 2 (human approval) → Stage 3 (finalization & recording).

Automatic CYCLE Completion Report Generation

AI automatically records each CYCLE's deliverables, decisions, and next actions as a report. Past CYCLES can be reviewed at any time. And when an AI session is unexpectedly interrupted, work can be resumed based on the documents (memory).

Project State Management

Continuously updates the project's current phase, latest activity history, and next actions as structured data. AI reads this information to accurately grasp context.

Memory Organization and Search System

- A proprietary system that organizes and searches the large volume of knowledge and documents accumulated through collaboration across multiple dimensions.

- Context-aware optimal information delivery: The memories and tools AI needs differ when "thinking strategically" versus "creating materials." AI understands the context and automatically surfaces the appropriate knowledge.
- Cognitive load control: In accordance with Miller's Law from psychology, the volume and types of information passed to AI at once are controlled within the optimal range. This prevents quality degradation from information overload.
- High-speed search: Search through four types of indexes. Quickly finds memories suited to the context and type of work from an ever-growing collection of documents.
- Automatic organization upon CYCLE completion: Each time a CYCLE is completed, newly gained insights are automatically classified and stored. A system where AI becomes smarter the more it is used.

Automated File Version Control

Standardizes the project's file structure, naming conventions, and version control, maintaining an environment where both humans and AI can access files without confusion.

- Standard directory structure: Design documents, completion reports, protocols, templates, etc. are placed in designated locations. Minimizes the time AI spends searching for files.
- Unified naming conventions: Standardizes rules for file names, CYCLE numbers, and version numbers. Ensures past deliverables can be reliably identified.
- Document version control: All changes to created documents are version-controlled. Ensures safety by enabling rollback to any previous state.

Automatic Conversion to Google Documents and Spreadsheets

Automatically converts Markdown files created on the computer into Google Documents, Spreadsheets, and Slides, and stores them in Google Drive.

- Style configuration support: Fonts, line spacing, and heading styles are managed through configuration files. Output can be customized to match corporate document standards.
- Natural language instructions: No technical knowledge required. Documents are converted to Google Documents or Spreadsheets.
- Automated team sharing: Converted documents are immediately shareable with team members on Google Drive. Work done on the computer directly becomes organizational assets.

(Optional) Intellectual Property Database Management and Blockchain Registration

Automatically recognizes, evaluates, and protects intellectual property created through AI collaboration.

- Automatic IP recognition: AI automatically detects and proposes concepts with intellectual property value from CYCLE deliverables.
- Multi-dimensional hybrid evaluation: Quantitatively evaluates intellectual property across six axes including technical uniqueness, market value, and development stage. Enables prioritization of protection efforts.
- Blockchain registration (OpenTimestamps): Records existence proofs of intellectual property on the blockchain. Obtains reliable timestamps at low cost.

(Optional) Digital Works Creation Frameworks

Equipped with guided frameworks for producing various types of digital works. Fundamentally designed with the concept of "enabling business professionals to execute."

- **Video production framework: AI guides video content creation through four phases: concept → structure → production → review.**
- **AI agent & business system development framework: Manages the flow from requirements definition → design → implementation → deployment & testing in accordance with the CycleGen Method.**

- **Books & publications framework:** Supports each phase—conception → outline → writing → editing—with templates and protocols.
- **Organizational philosophy structuring framework:** Transforms founders' or organizational philosophies and decision criteria into AI-readable documents through four phases: interviews → verbalization → structuring → AI implementation. This enables AI and AI agents to make proposals and decisions aligned with the organization's values.
- **Framework auto-generation:** A capability to automatically generate frameworks for new types of digital works.

4. Understanding CycleGen in Greater Depth

In the preceding chapters, we presented the overall picture of CycleGen's philosophy, method, and software.

In this chapter, we explore CycleGen's positioning by comparing it with tools you already use and areas of interest.

Many of you likely use generative AI services like ChatGPT and Gemini on a daily basis, manage projects with Notion and Asana, and may even be working on business automation with RPA and AI agents. These are all excellent tools, and CycleGen does not compete with them.

However, when you survey these tools, you notice a gap. There is no "OS for how we work with AI"—a system that designs and manages the AI collaboration process itself and accumulates the insights generated along the way as organizational assets. CycleGen aims to fill precisely this gap. The following sections explain from each perspective in detail.

4-1. Why CycleGen Software is Needed

"Isn't it enough to just use AI editors like Claude Cowork or Google Antigravity?"—this question is natural.

However, even powerful AI editors cannot deliver even half their potential without the "discipline" to use them properly and the "guardrails" to enforce that discipline. Forgetting the objective while absorbed in problem-solving, or losing context coherence during extended work sessions—these are AI characteristics.

CycleGen addresses these characteristics through "constraints" such as CYCLE time limits and protocol (collaboration rules) compliance. And interestingly, these constraints do not limit AI's capabilities—they actually enhance creativity. Precisely because there is a framework, AI delivers its best within it, producing high-quality results aligned with

human intent. Throughout over 1,000 hours of practice, I have repeatedly experienced this paradoxical effect—the "Constraint Paradox."

AI Editor Alone	CycleGen Software
Powerful, but depends on how it's used	Systematizes optimal usage
Memory is self-managed	Memory Organization and Search System manages automatically
Quality depends on human attention	3-stage protocol ensures quality
Know-how accumulates with individuals	Document-driven approach converts to organizational assets

CycleGen Software is the OS for unlocking 100% of AI's potential and safely converting it into organizational assets.

Example: Preventing Goal Drift

AI editors are powerful, but can become absorbed in problem-solving and forget the original objective.

AI editor alone: Humans must constantly monitor and manually course-correct upon detecting drift

CycleGen Software: Automatic mid-point checks in 30–40 minute CYCLE units. Early detection and correction of drift

Example: Preventing Knowledge Dissipation

AI editor alone: Generated files keep multiplying. No one knows where anything is

CycleGen Software: Automatic organization upon CYCLE completion. Memory Organization and Search System presents optimal information

4-2. CycleGen vs. General-Purpose AI Services — The Difference Between “Leaving It to AI” and “Realizing Your Intent”



Generative AI services are evolving rapidly. Beyond major services like ChatGPT, Gemini, and Claude, services such as GenSpark and Perplexity Pages have emerged that automatically generate reports and articles from a simple prompt.

These services are extremely convenient. So, what makes CycleGen different?

The Axis from "Abstract" to "Concrete"

Let's use image generation AI as an example.

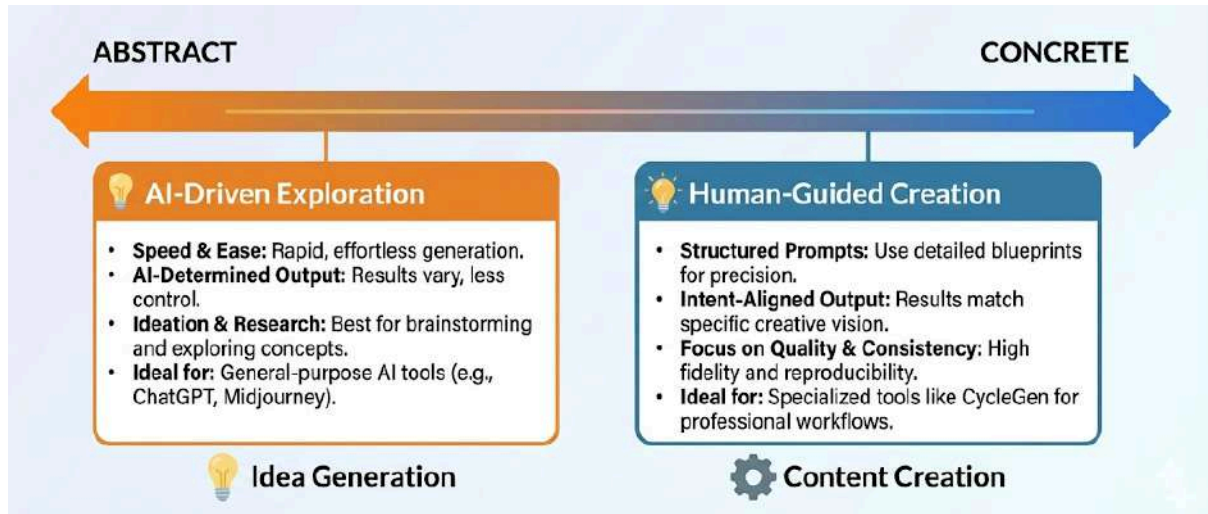
Both are excellent images, but...

<p>Generated with Simple Instructions</p>  <p>Prompt: "A samurai standing holding a sword." Outcome: Depends on AI's interpretation. Results vary each time.</p>	<p>Generated with Specific Instructions</p>  <p>Prompt: "A lone samurai standing on a foggy mountain path at dawn, dark blue hakama and worn black haori..." Outcome: Close to user's intent. High reproducibility.</p>
--	--

With a specific prompt (blueprint), AI functions appropriately as a tool.

With a simple prompt, the "range left to AI's discretion" becomes large. With a specific prompt (design document), the output approaches the intended work.

Two Approaches, Both Valuable



CycleGen's Role: Co-Creating Design Documents (Structured Prompts) with AI

CycleGen is not a competitor to general-purpose AI services. It is complementary.

Use general-purpose AI services for exploration and research. Once you've decided "this is it," use CycleGen to create the design document and produce the work exactly as intended. This combination is the most effective use of AI.

The essence of CycleGen is the process of "co-creating design documents (structured prompts) with AI, with humans making the decisions."

- AI generates a draft of the design document
- Human confirms and refines the intent
- AI creates the work based on the design document
- Human makes the final judgment

By running this CYCLE, works that match your intent—impossible with a "leave it to AI" approach—are produced.

Here is my practical approach to using both:

"As CYCLEs progress in CycleGen, the creative wellspring (intermediate deliverables) reaches a state where design documents and structured prompts for creating intended digital works can be generated (abstract → concrete). I then share the design documents

and structured prompts generated in CycleGen with Claude or NotebookLM to create presentation materials or podcast audio."

My mindset has shifted from "the finished product is what matters" to "the 'creative wellspring' and design documents that can reproduce the finished product are what matter."

4-3. One-off Tasks vs. Project-Based Work

The "Time Horizon and Complexity" Perspective

In addition to the "abstract-concrete" axis, there is another important dimension: the time horizon of "one-off tasks" versus "project-based work."

Type	Duration	Examples	Characteristics
One-off Task	Up to 1 hour	Email drafts, quick research, brainstorming	Completed in a single interaction
Project-Based	Days to months	Business development, new service planning, system design	Multiple phases, numerous deliverables

Characteristics of Project-Based Work

Project-based work involves complexities that one-off tasks do not.

Characteristic	One-off Task	Project-Based
Context complexity	Simple (explainable in one session)	Complex (past decisions and deliverables are prerequisites)
Sessions	Completed in one	Spans multiple sessions
Number of deliverables	One	Many (interdependent)
Decision points	Few	Many (humans decide at each phase)

Handover	Not needed	Needed (personnel changes, long interruptions)
Asset conversion	Not needed	Needed (accumulate as organizational knowledge)

Where CycleGen Delivers Its Full Value

Examples of project-based work:

Domain	Examples
Business Development	New business planning, business model design, market research & analysis
New Product/Service Development	Service concept design, customer value definition, revenue model
Project Planning	Medium/long-term plans, roadmaps, milestone design
Communications	PR plans, brand strategy, content strategy
AI Agent/System Development	Requirements definition, basic design, detailed design, test planning
Books & Publishing	Conception, outline, writing, editing

What these have in common is a structure where "over days to months, multiple deliverables are built up, and humans make decisions at various points."

Why General-Purpose AI Services Alone Hit Their Limits in Project Work

When attempting to advance project-based work with general-purpose AI services alone, the following problems may arise.

1. Context loss: When a session ends, past discussions and decisions are lost

- 2. Expertise silos: Information exists only in a specific person's chat history**
- 3. Non-reproducible: The same quality of deliverables cannot be produced again**
- 4. Difficult handovers: When the person in charge changes, everything starts over from zero**
- 5. Cannot be converted to assets: Not accumulated as organizational knowledge**

4-4. CycleGen and AI Agents

The decisive difference between CycleGen and business automation AI agents is whether you "leave work entirely to AI (automation)" or "create work together with AI (collaboration)."

1. The Difference in the "Problem" Being Solved

While they may seem similar, the challenges they aim to solve are fundamentally different.

Business Automation AI Agents

- Purpose: Eliminating human involvement (labor reduction and automation)
- Value: Processing efficiency and error elimination
- Decision criteria: Fixed by pre-defined rules

CycleGen

- Purpose: Maximizing human decision-making capability
- Value: Creating intentional deliverables and the iterative process itself
- Decision criteria: Humans make judgments at each stage (CYCLE)

2. The Difference in Applicable "Business Domains"

The suitable business domains for each are clearly delineated.

Characteristic	Business Automation AI Agent	CycleGen
Suited for	Call center first response, data entry, routine clerical work	Research, planning, new business development, requirements definition
Nature of work	Clear inputs and outputs, rule-based, few exceptions	No predefined correct answer, premises change
Protagonist	AI	Human + AI

3. Why Distinguishing Between Them is Necessary

"Delegating project-based work entirely to AI and having it collapse" or "humans remaining tied to simple tasks that should be automated"—confusing the two leads to these failures.

CycleGen is not a tool for reducing headcount like RPA. It is designed as the foundation for ensuring humans remain the protagonists in "project-based work where there is no single right answer."

4. Using CycleGen for AI Agent Requirements Definition, Design, and Deployment

While we have been contrasting CycleGen with AI agents, the two are not opposing forces. In fact, the more AI agent adoption accelerates, the greater CycleGen's role becomes.

The reason is clear. Deploying AI agents requires judgments: "Which operations to apply them to?" "What rules should govern them?" "What data should they access?" CycleGen enables these requirement definitions and designs to be carried out collaboratively with AI, preserving the decision process as documents. Since many AI agent products feature APIs, it is also possible to seamlessly deploy settings to agents based on design documents created in CycleGen.

This approach holds particular significance for business departments. While environments enabling frontline workers to easily create AI agents are emerging, there is growing concern about unmanaged "shadow AI agents" proliferating as organizational governance fails to keep pace. With CycleGen, the IT/CoE department's governance policies are automatically referenced by AI when creating requirement definitions and design documents, enabling the construction and operation of governed AI agents as a systematic process.

4-5. CycleGen and Project Management Tools like Notion/Asana

"Management" and "Creation" — Understanding the Difference in Roles

Many excellent project management tools exist—Notion, Asana, Trello, Monday.com, and more. AI features are being added to these tools as well, making the question "How does CycleGen differ?" natural.

The conclusion: the two are not competitors but rather complementary.

The Essential Difference: What is Being "Managed"

	Project Management Tools	CycleGen
Primary purpose	Managing tasks and progress	Managing the thinking and decision process
What is managed	What needs to be done (To-Do)	Why decisions were made (Why)
What accumulates	Tasks, deadlines, assignees, status	Decision criteria, design documents, intermediate deliverables
AI's role	Task organization, summarization, reminders	Design document creation, memory continuity, creative support
Strength	Visualizing and streamlining team collaboration	Individual/team intellectual production and asset conversion

Understanding Through a Concrete Example

Scenario: New Business Development

Managing with Notion/Asana (Project Management)

Project: New SaaS Business Planning

- └─ Task 1: Market Research [Complete] Assignee: Tanaka
- └─ Task 2: Competitive Analysis [In Progress] Assignee: Sato
- └─ Task 3: Business Model Design [Not Started] Assignee: Suzuki
- └─ Task 4: Financial Plan [Not Started] Assignee: Tanaka

→ "Who does what by when" is managed

Managing with CycleGen (Thinking Process Management)

CYCLE 15: Market Research Completion

- Findings: Market X is growing at 20% annually; Customer segment Y is promising
- Decision: Reasons for targeting Customer segment Y:
 - High dissatisfaction with existing solutions (NPS -20)
 - High proportion with budget authority (60%)
- Rejected option: Customer segment Z (Reason: Large market but too many competitors)
- Next action: Detailed persona development for Customer segment Y

CYCLE 16: Business Model Design

- Models considered: (1) Usage-based, (2) Flat-rate, (3) Freemium
- Selected: Flat-rate (Reason: Customer interviews emphasized budget certainty)
- Design doc: 3 pricing tiers, feature matrix, migration path
- Concern: High initial adoption barrier → Address with enhanced onboarding

→ "Why that decision was made" is recorded

Practical Example of Combining Both

The most effective approach is combining CycleGen for generating "decisions" and Notion for managing "execution."

Workflow Example

Develop strategy with CycleGen

CYCLES 1-5: Market analysis, business model review, design document creation

Deliverables: Business plan, decision criteria document, design documents

Deploy execution tasks to Notion

Break down tasks in Notion based on CycleGen design documents

Assign owners, set deadlines, track progress

Feed execution learnings back to CycleGen

CYCLES 6-10: Record discoveries from the execution phase

"What differed from initial assumptions" and "What worked well" are structured

Reflected in design documents for the next project

Why CycleGen is Needed

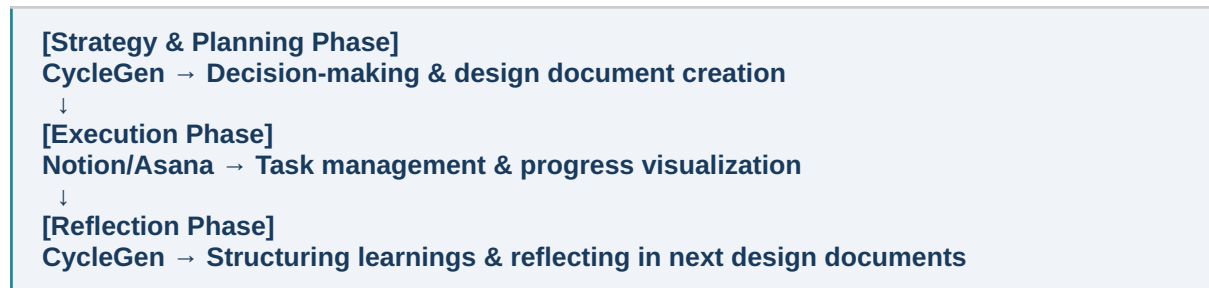
Tools like Notion excel at organizing and managing what has already been decided.

However, the process of deciding "what hasn't been decided yet"—how to read the market, which strategy to choose, why that judgment was made—is difficult to record in project management tools.

Common Problems When Using Only Notion

Problem	Why It Happens
Decision rationale disappears	Task management-centric, so there is no place to record "why it was decided that way"
AI dialogues are scattered	Dialogues with Notion AI are not preserved in history and cannot be reproduced
Design documents are not created	Task lists are created, but design documents for "how to build it" tend not to be
Past decisions are not leveraged	Each project is self-contained, with weak cross-project knowledge accumulation

The Ideal Relationship Between CycleGen and Notion/Asana



Summary: Leverage Both, Not Just One

Usage Guideline	Tool
Deciding "what to create"	CycleGen
Deciding "who does what by when"	Notion/Asana
Recording "why that decision was made"	CycleGen
Visualizing "progress status"	Notion/Asana
"Reusing in the next project"	CycleGen (design docs & decision criteria)

CycleGen delivers value "before" and "after" Notion and Asana.

Before: Before moving to execution, refine "what to create and how" together with AI

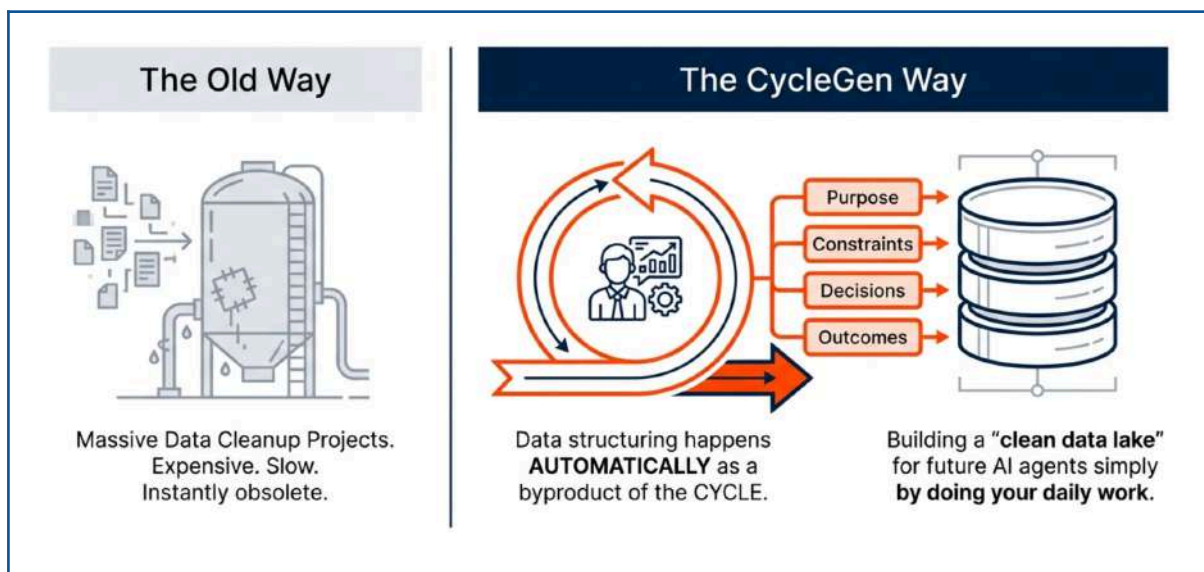
After: Structure post-execution learnings and accumulate them as organizational intellectual assets

This combination lets you capture both management efficiency and creative quality.

4-6. The Hidden Bottleneck of the AI Agent Era — Resolving the Shortage of Structured Data Within Daily Operations

More companies are considering AI agent deployment. However, what many projects face is not a shortage of AI capability, but problems with the quality and structure of data provided to AI. Decision contexts are not recorded. Past decision rationale is inaccessible. Documents exist but are not in formats AI can interpret—these “data gaps” are blocking effective AI agent utilization.

Traditionally, the approach to this problem was a "data structuring project." Assemble a specialist team, inventory existing data, and structure it. But this approach has a structural weakness: data begins to become obsolete the moment it is structured, maintenance costs balloon, and the gap between frontline operations and structuring work widens.



CycleGen fundamentally reframes this problem. Each time daily operations—research, planning, design, decision-making—cycle through as CYCLES, "what was aimed for, what was decided, and why" is automatically accumulated as structured documents. In other words, the work itself becomes data structuring. Not retrofitted, but embedded in the business process.

This accumulation becomes an extremely valuable learning resource for AI agents. Data with explicit decision contexts differs from mere FAQs or procedure manuals—it serves as the foundation for AI to make situation-appropriate judgments.

Transforming data structuring "from a project into a daily byproduct"—this structural shift has the potential to fundamentally change the ROI of AI adoption.

Closing

"What I Could Never Have Done Alone" — The Experience of Capability Augmentation

I have experienced the sensation of my capabilities being augmented many times. Here are two particularly memorable episodes.

Episode 1: The Day a Playful Idea Became a Methodology

It happened while I was developing the system that would become the prototype for CycleGen Software.

As development progressed through experiments with Claude Code, a thought occurred to me: "Wouldn't it be fun to name the system development phases after things like Genesis or the Cambrian Period?"—a lighthearted suggestion, motivated purely by wanting to make the process enjoyable.

However, Claude Code did not stop at simply naming the phases. It expanded on this idea, independently constructing development methodologies corresponding to each phase, and actually proceeded to develop based on them.

"In the "Genesis" phase, build the system's foundation. In the "Cambrian" phase, experimentally develop various features and adopt only those that produce results for the production version—a phased development approach modeled on biological evolution naturally took shape (and "experimentally developing various features and adopting only the successful ones" is an approach that would be overwhelming for a human alone).

When I realized what had happened, I was enveloped by a sensation that is truly beyond words. My casual remark had crystallized into a systematic methodology through collaboration with AI. There is absolutely no way I could have done this alone.

Episode 2: This Booklet Itself

Another example is this very booklet you are reading right now.

Systematizing the method, designing the structure, writing the text, creating the diagrams and tables—all of this was accomplished solely through collaboration between myself and AI. It is hard to believe even for me, but this is an undeniable fact.

This was a process that embodied the core message of CycleGen.

AI writes and saves the documents. Humans make the decisions. By steadily repeating this approach, humans reach territories that are only accessible through collaboration with AI.

Another Possibility Born from Deep Collaboration with AI

Through these experiences, an idea has been germinating. It may be too early to call it a conviction, but let me share it.

In the business world, "Scale Out"—reaching more customers faster—has been considered the orthodox approach. It is efficient and rational. However, when everyone can scale in the same way, the reality is that "breadth" alone no longer creates differentiation.

What I have been experiencing through the creation of CycleGen is a different direction—by diving deep into a single theme, a single relationship, unique value emerges that exists nowhere else. I call this "Deep Out." The deeper you understand, the more value compounds like interest. And interestingly, what you find by digging deep turns out to be remarkably universal, naturally extending to other domains.

In the past, pursuing depth required enormous amounts of time. But now, by deepening the relationship with AI, I sense that the speed of deepening itself is changing. Humans point the direction, and AI digs deeper. The depth of that collaboration may be turning Deep Out into a viable option.

This is still the personal experience of one individual from 1,000 hours of collaboration. However, if this direction holds promise, I believe CycleGen could serve as the gateway to that practice.

Now It's Your Turn

CycleGen requires no special technical skills. What you need is the will—"I want to make this business better" or "I want to solve this challenge"—and the courage to take the first step into AI collaboration.

Put your vision into words, and AI shapes it into documents. Humans judge, and with each CYCLE, deliverables accumulate and the organization's intellectual assets deepen. In that process, a moment arrives when you reach "territories you could never have reached alone."

The next person to have that experience is you, and your organization.

Next Steps — Connecting with CycleGen

CycleGen is a "human-AI collaboration system" born from over 1,000 hours of practice. We welcome inquiries about method adoption, joint research, collaborative proof-of-concept experiments, and business partnerships.

Start with a 30-minute online demo and a conversation with me to see CycleGen in action and the documents it generates. I may also be able to share behind-the-scenes stories and lessons learned that this booklet couldn't fully convey.

Contact: info@rashikucorp.com

About the Author

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After graduating from Saitama University's Graduate School of Electrical Engineering in 1989, he joined Recruit Co., Ltd., where he was responsible for information system design and development, as well as business reform and IT planning for group companies. He subsequently held roles in ERP solution sales at J.D. Edwards Japan (now Oracle Japan), and served as head of internet advertising delivery ASP sales at DoubleClick (now Google's advertising business). From 2006, he held leadership positions in implementation support services for mid-market companies at Salesforce.com.

In 2011, he founded RASHIKU Corporation, focusing on planning and developing services and tools for effective organizational use of Google Cloud, including Google Workspace. He has also participated in "DX: New Ways of Working" projects at leading Japanese enterprises, helping organizations realize collaborative, high-productivity work styles.

In July 2025, he undertook 145 hours of intensive collaboration with AI, creating numerous new concepts and systems for human-AI collaboration, including memory continuity methods and collaborative workflows. This booklet summarizes part of those achievements.

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