

SAAM™ AI SDLC

Soul Aligned Architect Method

Master Phase Mapping Table

12 Phases · SAAM™ Human States · AI SDLC Builder Execution · Waterfall & Agile Equivalents

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About This Document

The SAAM™ AI SDLC Master Phase Mapping Table is the cornerstone IP document of the TribeZ methodology. It maps all 12 phases across four dimensions: the human transformation state required (SAAM™), the technical execution steps required (AI SDLC), and the equivalent phases in both Waterfall and Agile delivery frameworks.

SAAM™ and AI SDLC are one system expressed through two lenses. They were built independently and found to align perfectly — a reflection of the 72 Gods Theory that underlies both. The phases describe what needs to happen at each stage of bringing something from idea to scale. They do not prescribe how fast, how many iterations, or in what structure you execute within each phase. This makes SAAM™ AI SDLC methodology-agnostic.

IP Chain of Derivation

72 Gods Theory™ (original theory — Rebecca Robinson)

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72-State Evolution Framework™ (behavioral application — 12 categories · 72 states)

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SAAM™ (universal methodology — Initiate → Scale)

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AI SDLC (SAAM™ applied to product building with AI tooling)

Waterfall vs. Agile — How SAAM™ Serves Both

Waterfall teams move through all 12 phases linearly and once — each phase completed fully before the next begins. SAAM™ adds the human state layer that traditional Waterfall methodology completely ignores.

Agile teams move through the phases in compressed cycles. Each sprint is a mini Initiate → Build → Test → Debug loop nested inside the larger 12-phase arc. SAAM™ gives Agile teams the internal operating system that tells builders which human state is required when the sprint is burning and people are reactive.

Hybrid teams — who govern with Waterfall and deliver with Agile — get the most value. SAAM™ AI SDLC operates at the human level, above any specific delivery framework. It is the methodology that works across both.

Phase Sequence

Initiate → Hypothesis → Analysis → Synthesis → Build → Test → Debug → **Connect** → Deploy → Release → Integrate → Scale ★ *Connect is the newly identified phase*

Master Mapping Table

Phase	SAAM™ — Human / Transformation	AI SDLC — Builder / Product	Waterfall & Agile Equivalents
01 Initiate <i>111 / 1010 · Begin. Movement creates clarity.</i>	SAAM™ · HUMAN <i>Initiation — The Capacity to Begin Starting, momentum, overcoming inertia</i> STATES Willingness · Courage · Commitment · Activation · Momentum · Follow-Through INTERNAL WORK Overcoming inertia. Taking action without overthinking. Moving forward despite uncertainty. MISALIGNED Procrastination · waiting for perfect conditions	AI SDLC · BUILDER <i>Signal recognition — what problem keeps resurfacing?</i> TAGS Soul Signal · Problem ID · First action BUILDER ACTIVITY Recognizing the signal. Naming what is emerging, what is being felt, what is being ignored. PHASE OUTPUT Defined problem. Decision to build.	WATERFALL EQUIVALENT Project charter AGILE EQUIVALENT Product vision / inception
02 Hypothesis <i>222 · Pause. Seek balance and truth.</i>	SAAM™ · HUMAN <i>Clarity — The Capacity to See and Understand Perception, discernment, truth</i> STATES Awareness · Discernment · Focus · Insight · Understanding · Alignment INTERNAL WORK Making clean decisions. Seeing the situation objectively before committing direction. MISALIGNED Confusion · overthinking · false certainty	AI SDLC · BUILDER <i>Intuitive product insight — forming the belief</i> TAGS Belief formation · Assumption mapping BUILDER ACTIVITY We believe [X] will solve [Y] for [Z]. Forming a testable hypothesis before building. PHASE OUTPUT Clear stated hypothesis. One direction chosen.	WATERFALL EQUIVALENT Business case AGILE EQUIVALENT Problem statement / assumption mapping
03 Analysis <i>333 · Step forward. You are supported in growth.</i>	SAAM™ · HUMAN <i>Expansion — The Capacity to Grow Growth, visibility, possibility</i> STATES Vision · Openness · Confidence · Receptivity · Amplification · Abundance INTERNAL WORK Thinking bigger. Gathering data without collapsing possibilities. Staying open to what the market is showing.	AI SDLC · BUILDER <i>Insight mapping — breaking down the opportunity</i> TAGS User research · Problem mapping · Constraints · OKRs BUILDER ACTIVITY Map: User · Problem · Environment · Constraints. Tie to business objectives and market opportunity. PHASE OUTPUT	WATERFALL EQUIVALENT Requirements gathering AGILE EQUIVALENT Discovery sprint

Phase	SAAM™ — Human / Transformation	AI SDLC — Builder / Product	Waterfall & Agile Equivalents
	MISALIGNED Playing small · analysis paralysis · fear of what data reveals	Validated opportunity. Success metrics defined. Strategic alignment confirmed.	
04 Synthesis <i>444 · Stabilize. Build the foundation.</i>	SAAM™ · HUMAN <i>Discipline — The Capacity to Execute Structure, consistency, completion</i> STATES Structure · Consistency · Accountability · Precision · Execution · Completion INTERNAL WORK Building systems. Translating insight into a stable plan before touching anything. MISALIGNED Jumping to build before the plan is solid · inconsistency	AI SDLC · BUILDER <i>MVP — smallest usable and testable expression of the idea</i> TAGS MVP definition · Scope decision · Architecture BUILDER ACTIVITY Define the smallest usable + testable expression. Not the full system — just enough to validate. PHASE OUTPUT MVP scope locked. Architecture decisions made. Ready to build.	WATERFALL EQUIVALENT Solution design AGILE EQUIVALENT Sprint 0 / backlog refinement
05 Build <i>888 · Create and bring value into form.</i>	SAAM™ · HUMAN <i>Creation — The Capacity to Build Producing, innovating, delivering</i> STATES Ideation · Innovation · Design · Building · Iteration · Delivery INTERNAL WORK Creating tangible outcomes. Shipping over polishing. Resisting perfectionism. MISALIGNED Perfectionism · scope creep · ideas without execution	AI SDLC · BUILDER <i>Code the system — AI-assisted execution</i> TAGS Backlog · AI code gen · Sprint · Documentation BUILDER ACTIVITY Use AI for code generation, story creation, documentation. Run epics → features → stories. Execute the sprint. PHASE OUTPUT Working MVP. Execution plan delivered. Backlog complete.	WATERFALL EQUIVALENT Development phase AGILE EQUIVALENT Sprint execution
06 Test <i>999 · Release. Complete the emotional cycle.</i>	SAAM™ · HUMAN <i>Emotional Mastery — The Capacity to Regulate Emotional awareness and control</i> STATES Awareness · Regulation · Acceptance · Compassion · Neutrality · Gratitude INTERNAL WORK Releasing attachment to the outcome. Receiving feedback without defensiveness. Validating energetics. MISALIGNED Reactivity to feedback · suppressing what testing reveals	AI SDLC · BUILDER <i>Validate — does it work and does it feel right?</i> TAGS UAT strategy · Test scenarios · Edge cases · Feedback BUILDER ACTIVITY Happy path + edge case testing. Real-world use case definition. UAT with target users. PHASE OUTPUT Validated MVP. Feedback log. Readiness criteria met.	WATERFALL EQUIVALENT QA / UAT phase AGILE EQUIVALENT Sprint review / acceptance testing
07 Debug <i>666 · Reassess alignment. Return to</i>	SAAM™ · HUMAN <i>Protection — The Capacity to Maintain Stability Boundaries, safety, self-preservation</i> STATES	AI SDLC · BUILDER <i>Identify and clear resistance — technical and human</i> TAGS	WATERFALL EQUIVALENT Defect resolution AGILE EQUIVALENT

Phase	SAAM™ — Human / Transformation	AI SDLC — Builder / Product	Waterfall & Agile Equivalents
<i>balance.</i>	Boundaries · Self-Trust · Stability · Grounding · Discernment · Detachment INTERNAL WORK Identifying what to fix vs. let go. Grounding under pressure without losing stability. MISALIGNED Fixing everything · losing stability under pressure · overgiving	Issue log · Bug ownership · Prioritization BUILDER ACTIVITY Capture, prioritize, resolve. Distinguish critical bugs from noise. Engineering owns stability. PHASE OUTPUT Resolved issue log. System stable. Readiness confirmed.	Bug sprint / hardening sprint
08 Connect 777 · Deepen connection — with self and others. ★ newly added	SAAM™ · HUMAN <i>Connection — The Capacity to Relate Relationships, empathy, communication</i> STATES Presence · Empathy · Communication · Collaboration · Trust-Building · Influence INTERNAL WORK Aligning the people before the launch. Building trust that makes deployment possible. Meeting resistance with empathy, not force. Creating psychological safety for people to move with the change. MISALIGNED Isolation · skipping alignment · launching without buy-in · forcing adoption	AI SDLC · BUILDER <i>Stakeholder alignment + change management — people ready before go-live</i> TAGS Stakeholder sync · Team alignment · User comms · Impact assessment · Adoption plan · Resistance mapping · Training plan · Readiness signal BUILDER ACTIVITY Align team, stakeholders, and users. Communicate what is changing and why. Assess who is most impacted. Build the adoption and training plan. Confirm the human gate before Deploy. PHASE OUTPUT Aligned team. Informed users. Change impact assessed. Adoption plan live. Trust established. Ready for Deploy.	WATERFALL EQUIVALENT Change management / communications plan AGILE EQUIVALENT Stakeholder demo / release planning
09 Deploy 808 / 818 · Step into your authority.	SAAM™ · HUMAN <i>Power — The Capacity to Lead Authority, responsibility, ownership</i> STATES Ownership · Decisiveness · Responsibility · Authority · Command · Leadership INTERNAL WORK Taking ownership of the launch. Making the call to go without waiting for permission. MISALIGNED Endless delay · avoidance of responsibility · overcontrol	AI SDLC · BUILDER <i>Soft launch — controlled release + internal validation</i> TAGS Controlled release · Internal validation · Support model BUILDER ACTIVITY Release to controlled group. Validate in real conditions. Confirm operational readiness before full release. PHASE OUTPUT Soft launch complete. Support model live. Escalation path defined.	WATERFALL EQUIVALENT Go-live / cutover AGILE EQUIVALENT Release candidate
10 Release 1212 / 1234 · Trust the sequence. Stay in flow.	SAAM™ · HUMAN <i>Flow — The Capacity to Align with Timing Adaptability, surrender, timing</i> STATES Trust · Patience · Adaptability · Surrender · Synchronicity · Allowing INTERNAL WORK	AI SDLC · BUILDER <i>Full system launch — public availability</i> TAGS Public release · Monitoring · Feedback loop BUILDER ACTIVITY Open to all users. Monitor usage, errors,	WATERFALL EQUIVALENT Post-go-live AGILE EQUIVALENT Production release

Phase	SAAM™ — Human / Transformation	AI SDLC — Builder / Product	Waterfall & Agile Equivalents
	Trusting the timing. Releasing control of the outcome. Allowing the product to meet its users. MISALIGNED Forcing outcomes · over-managing the launch · resistance	feedback. Begin post-launch iteration loop. PHASE OUTPUT Live product. Active user base. Iteration cycle open.	
11 Integrate <i>555 · Change is required. Let go and move forward.</i>	SAAM™ · HUMAN <i>Transformation — The Capacity to Change Evolution, release, identity shift</i> STATES Pattern Awareness · Release · Adaptability · Reinvention · Integration · Evolution INTERNAL WORK The builder becomes who built this. Identity shifts to match the new level of capability. MISALIGNED Returning to old identity · resistance to what the process revealed	AI SDLC · BUILDER <i>Embody new identity — system becomes operations</i> TAGS Ops integration · Team adoption · Ownership assigned BUILDER ACTIVITY System becomes how the team operates. Ownership defined. Living system established. Iterate and improve. PHASE OUTPUT Integrated operations. Defined ownership. Living system.	WATERFALL EQUIVALENT Hypercare / stabilization AGILE EQUIVALENT Retrospective + next sprint planning
12 Scale <i>1111 / 000 · Return to purpose. Realign your path.</i>	SAAM™ · HUMAN <i>Purpose — The Capacity to Align with Meaning Direction, fulfillment, contribution</i> STATES Calling Awareness · Alignment · Service · Integrity · Vision · Unity INTERNAL WORK Leading with meaning at scale. Purpose embedded in what is built and who it serves. Loop restarts from a higher level. MISALIGNED Scaling without alignment · losing integrity under growth pressure	AI SDLC · BUILDER <i>Expand — systematize delivery and grow what works</i> TAGS Growth systems · Team expansion · Replication · Impact measure BUILDER ACTIVITY Systematize what is working. Expand reach and team. Measure impact against original hypothesis. Return to Initiate for the next cycle. PHASE OUTPUT Scalable system. Growth plan. Loop returns to Initiate.	WATERFALL EQUIVALENT Program expansion AGILE EQUIVALENT Portfolio scaling / SAFe

Core Statement

The capacities we seek are not outside of us.

They exist within us as states waiting to be recognized, activated, and embodied.