

The Agent Loop

Hint: it's just **Mom's cooking**

You know how your mom never follows a recipe start to finish? She **tastes as she goes** and adjusts.



Yeah, she keeps adding salt or water depending on how it's turning out. Why?

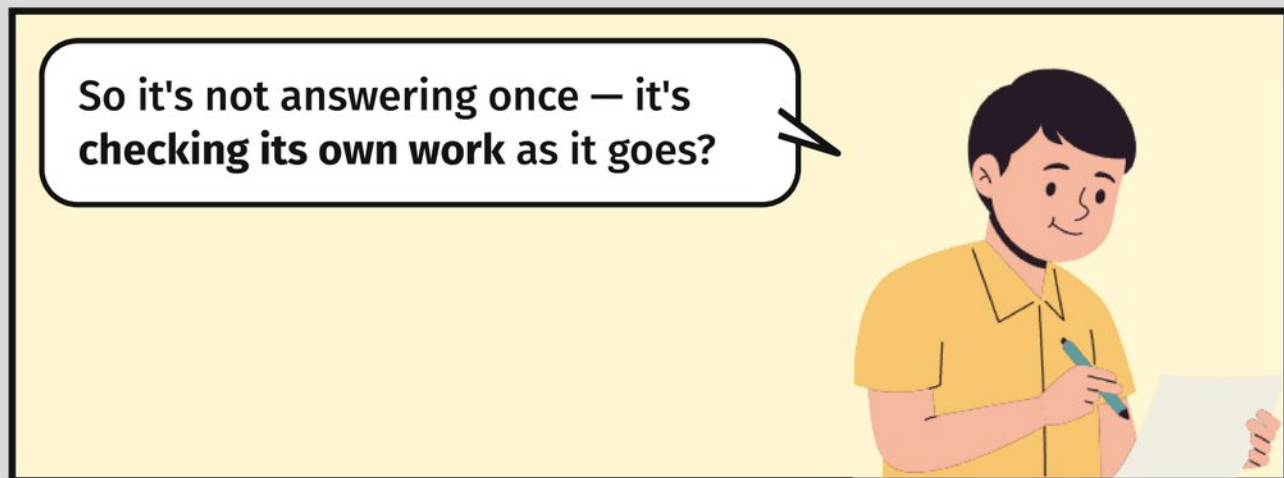
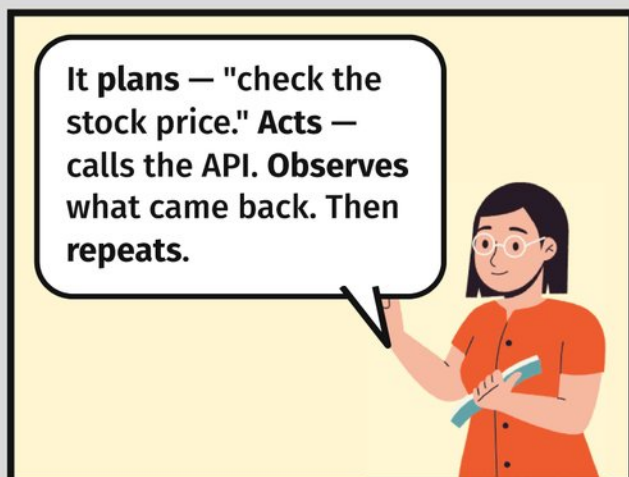
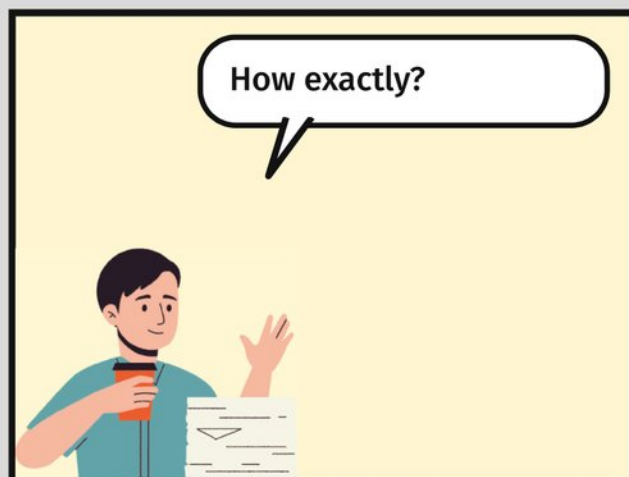
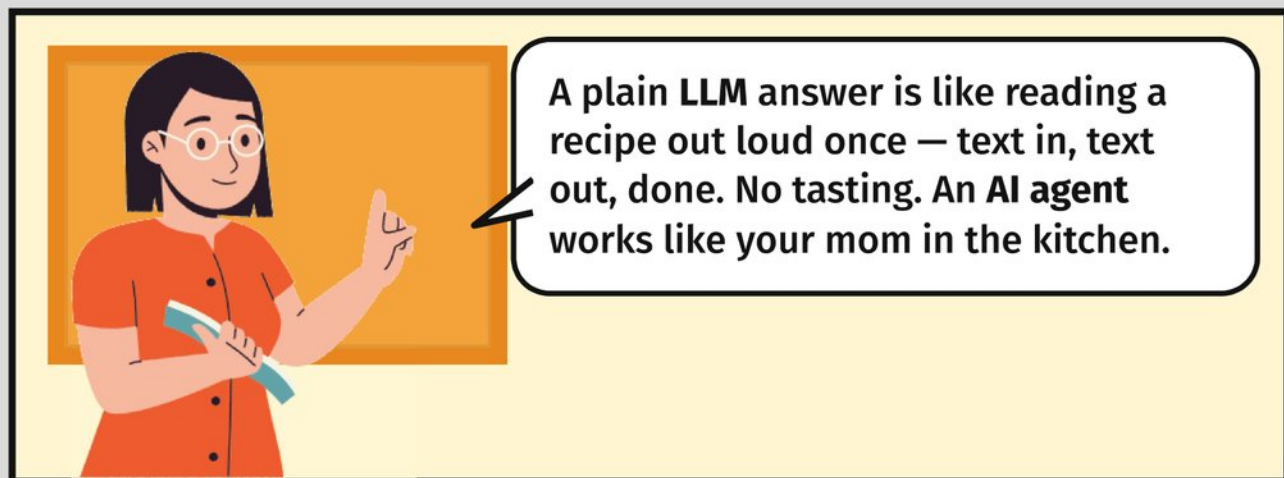


Cooking isn't one-shot. She plans a step, does it, **tastes**, and adjusts the next step. That loop makes a real cook.



Okay, but what does that have to do with AI?







Exactly. If the stock API returns an error, a one-shot model might **hallucinate a number**. An agent notices the error while observing and re-plans — maybe tries another source.

Wait — so the model isn't smarter in an agent? It's just... **looping?**

That's what people miss. The model is often identical — the **plan-act-observe-repeat** cycle around it creates the judgement.

So an agent isn't a genius model — it's a decent cook who **keeps tasting before serving**.



Exactly — the loop, not raw intelligence, is what makes it feel autonomous.



TAKEAWAY

An agent isn't a smarter model — it's a model in a plan → act → observe → repeat loop.