

Your AI Calibration — Quick Start Guide

30 minutes from now, every AI tool you touch will already know you.

THE PROBLEM

Every AI conversation you've ever had has been with a stranger. You explain yourself from scratch. You correct the tone. You rewrite the output because it sounds like a robot wearing your name tag. Every. Single. Time.

It's not the AI's fault. It doesn't know how you think. It doesn't know what you've built. It doesn't know who you built it for. So it guesses — and it sounds like everyone else.

WHAT CHANGES

Your AI Calibration is a single conversation that teaches AI who you actually are. Not the LinkedIn version. Not the elevator pitch. **The version of you that your closest friends would recognize on the page.**

In about 30 minutes, you'll build three context blocks through a conversation that feels less like a form and more like talking to someone who's genuinely curious about you:

① How You Communicate

Your voice analyzed across seven layers — structure, vocabulary, tone, persuasion, emotion, values, and micro-patterns like sentence rhythm and punctuation

② Your Business

What you actually do (not the tagline), what you won't compromise on, and where this is all going

③ Who You Serve Best

Your ideal client's real frustrations, the words they use at midnight venting to their spouse, and what's actually stopping them

After each block, the AI proves it was listening by creating something you can actually use — a hard conversation you've been avoiding written in your voice, a real business decision run through your actual values, outreach that speaks your client's language so well it feels like you read their mind. **Each proof hits harder than the last because the context is compounding.**

When you're done, you paste your AI Calibration into any AI tool and it stops being a stranger. It writes like you think. It sells like you sell. It knows your people the way you know your people.

CHOOSE YOUR VERSION

VERSION 1

ChatGPT

AI-Calibration-ChatGPT.txt

Works with ChatGPT, Gemini, Copilot, or any AI chat. Paste the prompt, have the conversation, save your AI Calibration to Custom Instructions.

VERSION 2

Claude

AI-Calibration-Claude.txt

For Claude Desktop or claude.ai. Same conversation, but outputs your AI Calibration as a skill file — paste into a Project or save for Claude Code later.

VERSION 3

Claude Code

AI-Calibration-Claude-Code.txt

The deepest version. AI scrapes your URLs, scans your local files, validates sources, extracts your voice across 7 layers with forensic-level detail, interviews you, calibrates until it nails your voice, then saves three skill files automatically.

DEEPEST EXTRACTION

Not sure? Pick the tool you already use. The core experience is the same across all three. Claude Code goes significantly deeper — it scrapes your website and social profiles, scans your local folders for writing samples, validates authorship, and runs forensic-level extraction across 25+ signature phrases, 10+ tonal dimensions, and dozens of micro-patterns before it even starts the interview. Same conversation, much richer output. But you can always start with Chat and move up to Claude Code later.

Let's Go

Five steps. One conversation. The last time you'll ever have to explain yourself to an AI.

GETTING STARTED

- 1 **Grab your prompt file.** This package includes three .txt files. Open the one that matches your AI tool:
ChatGPT / Gemini / other → `AI-Calibration-ChatGPT.txt`
Claude Desktop / claude.ai → `AI-Calibration-Claude.txt`
Claude Code (CLI) → `AI-Calibration-Claude-Code.txt`
- 2 **Copy the entire file.** Select all, copy. Don't edit it, don't trim it — the whole thing is the prompt.
- 3 **Open a fresh conversation** in your AI tool. New chat, not an existing thread.
- 4 **Paste and send.**
- 5 **Be honest.** The AI will ask you questions one at a time. Give it the real answers, not the polished ones. That's the whole game.

WHAT'S GOING TO HAPPEN

The AI interviews you across three blocks. It'll feel like talking to someone who's genuinely curious about you — not filling out a form. After each block, it creates a **"proof"** — something real, using your words, your details, your context.

A hard conversation you've been avoiding, written in your voice. A business decision you're stuck on, run through your own values and positioning. Outreach copy that uses the exact language your ideal clients use when they're frustrated at midnight.

If a proof doesn't land, say so. **"That doesn't sound like me"** is the best thing you can tell it. It'll adjust until you read the output and think *"...how does it know me like that?"*

At the end, all three blocks fire together. The AI writes the single most useful thing you could deploy this week — matched to something you specifically told it you need. That's the moment.

AFTER YOU'RE DONE

Save your AI Calibration so every future conversation already knows you:

- **ChatGPT:** Settings → Personalization → Custom Instructions
- **Claude:** Paste into Project Instructions, or save as a skill file for Claude Code
- **Claude Code:** Auto-saved as three files — main AI calibration, voice activator (plug-and-play system prompt for any AI), and anti-patterns (what AI should never do as you). It's already loaded. You're done.

GET THE MOST OUT OF IT

- **The real answer, not the LinkedIn answer.** When the AI pushes past your polished response, let it. That's where the good stuff lives.
- **Your contradictions are your secret weapon.** Where you say one thing but do another — that's what makes AI sound like a human, not a press release.
- **Block 3 is the one that changes everything.** The midnight language — what your clients actually say lying in bed, frustrated about the thing you solve. Get that right and your AI writes copy that reads minds.
- **Give it 30 uninterrupted minutes.** Not between meetings. Not while checking email. This conversation is worth your full attention.