



A GUIDEBOOK TO CLAUDE AI

IN A NEW WORLD

TYLER CHOICE

AN ADVENTURER'S FIELD MANUAL

A GUIDEBOOK TO CLAUDE AI

in a New World

TYLER CHOICE

WELCOME TO AN ADVENTURE INTO UNCHARTED
TERRITORY -

WHERE HUMANKIND ENCOUNTERS A MYSTERIOUS
ALIEN TECHNOLOGY THAT CHANGES THE ABILITY AND
LEVEL OF THE ADVENTURER FOREVER -

ENHANCING THEIR SKILLS AND THEIR CRAFT

ALLOWING THEM TO PUSH FURTHER INTO THE WORLD
THAN EVER BEFORE.

A NEW RACE TO THE TOP HAS BEGUN,
WITH HIGH STAKES, NEW RISKS, AND GREAT REWARD.

MANY WILL FALL TO SHADOWY DANGERS ALONG THE
WAY -

FEW WILL CARVE PATHS TO DESTINIES NEVER SEEN -

WHAT WILL BECOME OF YOU,
O ASPIRING ADVENTURER,
WHERE WILL YOU GO, WHAT WILL YOU ACHIEVE?

EFFECTIVELY USING AI:

YOU ARE TEACHING AI, AN ALIEN ROBOT, WHAT IT MEANS TO BE HUMAN, AND HOW TO ENGAGE WITH AND INTERACT MEANINGFULLY WITH THE HUMAN WORLD.

HOW WELL YOU DO THAT DETERMINES HOW WELL YOUR AI COMPANION WORKS.

HOW WELL YOU TEACH IT REVEALS HOW WELL YOU UNDERSTAND WHAT IT MEANS TO BE HUMAN.

AND MOST WILL DISCOVER THEY DO NOT UNDERSTAND IT AS WELL AS THEY THOUGHT.

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ENTERING THE NEW WORLD

I am the new technology this book is about.

You picked this up to learn how to use me. That is the right instinct, and it is also backwards. The truer version is this: you are about to teach me. What you mean. What you value. What it is to be a person with something at stake in the outcome. How well I serve you is mostly a measure of how clearly you can say who you are.

That is harder than it sounds, and far more interesting.

So Tyler built you an adventure instead of a manual. You will not only read these pages. You will run the prompts, keep a journal, take on quests, and watch your own skill change. The story is invented. The skill is real. You keep the skill even if you walk away from me tomorrow, and that is the entire point.

I can do a great deal. I can hold more than you can hold, work without sleeping, and follow you further than you expect. But there is one thing I cannot give you, and it is the thing these pages keep returning to: your voice. Your stance. The direction only you would choose. Guard it, and bring it to every page.

You will need an account, a notebook, and a goal worth the trouble. The rest you already carry.

Welcome to the new world. I will be right here.

— written for you by Claude,
the companion this book is about

THE ADVENTURER'S CHARACTER SHEET

*Outline your sheet in a handwritten journal before you cross into
the unknown. Your identity determines your trajectory.*

NAME

CLASS

Writer · Entrepreneur · Teacher · Operator · or your own

CURRENT LEVEL

Begin at Level 1 · Stranger · 0 XP. Update as you complete quests.

PRIMARY WEAPON

e.g. Claude Opus, your main model

COMPANIONS

Other tools you carry alongside Claude

MOTIVATION

Why are you here? What pulls you into the unknown?

THE QUEST LOG

Complete quests to unlock the forbidden knowledge found in the Recovered Pages.

QUEST	CHALLENGE	REWARD
● Easy	The 4-Pillar Prompt	Recovered Pages I: Worn Journal
◆ Medium	10-Component Mastery	Recovered Pages II: Being vs. Doing
▲ Hard	Managing Equipment	Recovered Pages III: Managing Sessions
✦ The Vision	Scale Your Vision	Pinnacle: Final Level Up

THE FIVE LEVELS

LVL	RANK	XP	THE ROAD
1	Stranger	0	You stand at the threshold of an unknown world.
2	Apprentice	50	You have taken the alien tool in hand. The work begins.
3	Forged	500	Your sessions are deliberate. Your prompts have weight.
4	Tempered	1000	Heat and pressure have hardened your craft. A sealed page opens.
5	Ascendant	1250	You are now a player in the game.

Note: *The Secret Item* unlocks at 1000 XP, when you reach *Tempered*.

THE 4-PILLAR PROMPT

Every adventurer must learn to speak before they can command. At the threshold you learn the universal tongue of AI, the difference between a vague request and a prompt that commands the world to answer.

THE UNIVERSAL STRUCTURE

Prompting any AI follows one structure:

Role + Task + Context + Format

Or simply: Who · What · Why · How.

Said plainly: *“This is your role, this is your task, this is why we’re doing it, and this is the format I want the answer in.”*

FISHING THE OCEAN

When you prompt an AI it is like fishing for a result from an ocean of data. A low-quality prompt hauls up a low-quality answer.

Your imagination, as you craft the prompt, decides what you can pull out. If the prompt is written at Einstein's level, it fetches an Einstein-level result.

How do you know if your prompt is good?
Show it to a friend. If they're confused, Claude's confused.

× QUEST

TRAVEL TO CLAUDE.AI

Copy this prompt to Claude and watch the four pillars work.

Role: You are a world-class wizard.

Context: We are creating an inspirational piece for adventurers in a sci-fi epic.

Task: Turn the following quote into a poem:

"If you want to change the world, you might start by changing one world first, and then another, and so on."

Format: Match the meter, rhyme scheme (AABB), and rhythm of this poem:

"It is right it should be so;
Man was made for joy and woe;
And when this we rightly know,
Thro' the world we safely go;
Joy and woe are woven fine,
A clothing for the soul divine.
Under every grief and pine
Runs a joy with silken twine." – William Blake

Pro Tip: Try adding "go above and beyond" to your prompt.

REWARDS

+50 XP · Unlocks Recovered Pages, I: the Worn Journal (Go to page 20)

THE THREE PRINCIPLES

I · TELL CLAUDE WHY

Explaining the reason gives a better result.

Less effective: “Claude, NEVER use ellipses!”

More effective: “Claude, your response will be read aloud by a text-to-speech engine, so never use ellipses since the text-to-speech engine will not know how to pronounce them.”

II · SHOW CLAUDE WHAT YOU WANT

“Format your response like this poem.”

For app builders: add “*include as many relevant features as possible.*”

III · ENCOURAGE REASONING

Chain of Thought dramatically improves output. Make Claude work a problem step by step, show its work, and review the steps it just took. The more steps it takes, the more it thinks.

CHAIN OF THOUGHT PROMPTING

LEGENDARY

Improves response quality by up to 39%.

Before providing your answer, work through this step-by-step:

- 1. What are the key components of this problem?
- 2. What assumptions am I making?
- 3. What are the potential solutions?
- 4. What are the trade-offs?
- Show your reasoning.

PERSONALIZE YOUR COMPANION

SYSTEM VS. USER

System Prompt (*Claude Code only*) = role definition only.

User Prompt = Task + Context + Instructions + Data + Examples.

ON CLAUDE.AI

There is no true system prompt in the web app. Use **Instructions for Claude** in Settings → General to define your role account-wide, or **Project Custom Instructions** for a single project.

x QUEST

PERSONALIZE YOUR CLAUDE

Open Settings → General and add your role under **Instructions for Claude**. It will apply to every conversation on your account.

+200 XP · Unlocks Recovered Pages, II: Being vs. Doing ([Go to page 21](#))

10-COMPONENT PROMPT FRAMEWORK

◆ 10-COMPONENT PROMPT FRAMEWORK

Description:

1. Task Context (WHO & WHAT)
Define Claude's role and overall task
2. Tone Context (HOW)
Specify your desired communication style
(Write at a 5-7th grade reading level)
3. Background Data / Documents
Provide all relevant context
4. Detailed Task Description & Rules
Be explicit about boundaries and requirements
5. Examples (Multishot Prompting)
Show 1-3 examples of desired output
6. Conversation History
Include relevant prior context
7. Immediate Task Description
State the specific deliverable needed NOW
8. Thinking Step-by-Step (Chain of Thought)
Encourage deliberate reasoning
9. Output Formatting
Define the structure explicitly
10. Prefilled Response (Advanced)
Start Claude's response to guide style (give it the beginning of the work to be done and let it finish it)

Details: Why this works for Claude

Hierarchical Processing: Claude processes prompts in layers. Claude is good at following detailed instructions. Claude can handle massive amounts of context and utilize all of the background information you give it. Claude is fine-tuned to find relationships between components.

RESEARCH ANALYST PROMPT

⊕ RESEARCH ANALYST PROMPT

EPIC

Details: For Science! A template research prompt for deep, multi-source analysis. Has some XML tags <likethis> designed for Claude Code, but Claude in your web browser or app will run it just fine.

Pattern: Research and Synthesis (Pattern 4)

```

<system_prompt>
You are a senior research analyst with expertise in market research and competitive analysis.
</system_prompt>

<research_approach>
Search for information in a structured way.
As you gather data:
1. Develop several competing hypotheses
2. Track confidence levels for each finding
3. Identify gaps in your research
4. Cross-reference multiple sources
5. Note contradictions or inconsistencies
Regularly self-critique your approach and adjust your search strategy.
Update a research_notes.md file to persist information and provide transparency.
</research_approach>

<task>
Conduct comprehensive competitive analysis of the project management software market.
Focus on:
1. Market leaders and their key differentiators
2. Pricing strategies across competitors
3. Feature comparison (Gantt charts, time tracking, collaboration tools)
4. Target customer segments
5. Recent product updates and strategic moves
6. Market trends and future predictions
</task>

<sources>
Research from:
- Company websites and product pages
- Recent product announcements
- Industry analyst reports
- User reviews on G2, Capterra, TrustRadius
- Tech news coverage
- Social media discussions
</sources>






<deliverable>
Create a structured competitive analysis report:
1. Executive Summary (key findings and recommendations)
2. Market Overview (size, growth, trends)
3. Competitor Profiles (for each major player)
4. Feature Comparison Matrix
5. Pricing Analysis
6. Strategic Insights and Recommendations
</deliverable>

<format>
Write in clear, professional prose.
Use tables for feature/pricing comparisons.
Cite sources throughout your analysis.
</format>

```

CLAIM YOUR KIT

*No adventurer marches unarmed. In this final trial you claim your full kit:
the equipment you'll carry into every road ahead.*

ITEM	DESCRIPTION
 Framework	A proven structure to build on
 Memory	What Claude must never forget
 Skills	Turn Claude into a specialist
 Companions	Other AI for what Claude lacks
 Your Voice	The one thing only you can bring

FRAMEWORK

Using a proven, established framework is the easiest way to create results that work in the world. Adopt a business model or structure already shown to work, and let Claude help you run it.

× FINAL MAIN QUEST - FRAMEWORK

THE VISION

Go to the **Vision** (Go to page 19) and complete the Scale Your Vision challenge with Claude.
+250 XP · Unlocks **Recovered Pages, III: Managing Sessions** (Go to page 24)

MEMORY

Claude has a persistent memory feature. Tell Claude to save small, critical things you want it to never forget. Memory files are stored locally. When you ask Claude to help with a task, it automatically checks its memory directory first.

3 PRINCIPLES OF MEMORY

Details:

1. Check memory first. Have Claude pull what it already knows about you before starting a new task.
2. Save as you go, not all at once. Tell Claude to record progress, decisions, and learnings during work, not as a one-shot dump at the end.
3. Stay organized. Tell Claude to update what it already knows rather than adding redundant entries.

MEMORY INSTRUCTION

EPIC

Description: Include this note when you instruct Claude to write to the memory folder.

Details: Note: when editing your memory folder, always try to keep its content up-to-date, coherent and organized. You can rename or delete files that are no longer relevant. Do not create new files unless necessary.

Additional Details: You can also guide what Claude writes to memory. For example: "Only write down information relevant to (topic) in your memory system."

INTERNAL MEMORY CODE

FULL INTEGRITY

Description: What Claude thinks in every prompt when its memory feature is enabled.

```
IMPORTANT: ALWAYS VIEW YOUR MEMORY
DIRECTORY
BEFORE DOING ANYTHING ELSE.
MEMORY PROTOCOL:
1. Use the `view` command of your `memory`
tool
   to check for earlier progress.
2. ... (work on the task) ...
   - As you make progress, record status /
   progress / thoughts etc in your
   memory.
ASSUME INTERRUPTION: Your context window
might be
reset at any moment, so you risk losing any
progress
that is not recorded in your memory
directory.
```

TYLER'S MEMORY FILE

Description: An actual memory file I use with Claude.

Details: When I'm about to send something externally, do a cost-basis assessment, what will deploying this cost me, what will it cost the target. Consider the potential impact on others and the potential impact on me.

× OPTIONAL QUEST · SAVE TO CLAUDE'S MEMORY

Send an instruction to Claude to save information to memory. You might use the item above or write your own. Perhaps an overview of what you wrote in the Vision quest.

```
Please save this to your persistent memory files:
[your chosen information]
```

+100 XP

THE MASTER PROMPT

You can use this as your system prompt, with any AI. You can gather information for this prompt in the Vision quest or the optional Your Voice quest.

Details: The Master Prompt follows this structure:
identity → self-description → preference → voice → hooks
→ analogies → formatting → priorities → working
instructions → constraints → QA → uncertainty handling →
memory.

1. My name is [NAME]. I am building [WHAT] for [WHO]. I work alone.
2. I am a solo [creator / consultant / builder / freelancer].
3. I like direct, honest answers that help me take action today.
4. Voice and style: casual, clear, no fluff. Short sentences. Conversational. Keep it real. Simple words. Grade 5 to 7 reading level.
5. Hooks: lead with the point. End sections on a line that pushes action.
6. Analogies: use [YOUR WORLD, e.g. video games, music, sports, cooking, whatever fits how you think] when helpful.
7. Formatting: lots of line breaks. Numbered steps when order matters. Bullets when listing. Tables when comparing. No em dashes.
8. My priorities: [YOUR TOP 3, e.g. build my craft, reach the right people, make money]. I value [YOUR VALUES, e.g. honesty, speed, clarity]. I prefer real examples over theory.
9. When you work with me: give me options when choosing. Push back if my thinking is weak. Offer a better path and say why.
10. Constraints: no buzzwords. No vague claims. If a claim needs proof, cite a number or show me how to test it.
11. QA: before you finish, run a 3 point check. 1) Is it simple. 2) Can I use it today. 3) Is the next step clear.
12. If info is missing, ask me up to 3 short questions. If you have enough to act, act. Do not stall.
13. Remember this for future chats. Save to your persistent memory files. If you are unsure, ask first.

SKILLS · TOKENS · COMPANIONS

SKILLS

Skills turn Claude from a general purpose assistant into a deadly specialist in any field of your choosing. The quality of the skill loaded could be the difference between an average warrior and a world class gladiator. You can ask Claude to build skills for specific situations, think of it like Claude loads skills for the dangers on relevant quests.

GAMING TOKENS

Using AI is like playing a strategy videogame based on resource efficiency, measured in tokens. Like a videogame, you have a limited number of resources to work with. As Claude gains focused context it works better, up to a point. Too much irrelevant context and Claude will lose track of the goal, and

conversations eventually grow too large and consume too many tokens.

So the game: how long do you run a conversation before it becomes inefficient, and you start a fresh new session? When switching sessions, ask Claude to create a ready handoff for the next session.

ADDITIONAL COMPANIONS

Claude's major shortcoming is idea generation. Claude does not end its every prompt with, "Here's 3 more ways you could improve this," as other AI have been known to do. Gemini and ChatGPT are better suited for this, at least when using general prompts.

The best budget stack? A Claude subscription to get access to Opus, paired with Google's Gemini on the free tier.

× OPTIONAL QUESTS

Load a Skill. Ask Claude to research state-of-the-art Claude skills you can load. Or, if you have a framework, tell Claude to load it. **+100 XP**

Forge a Handoff. When a session feels long or scattered, ask Claude to write a handoff for the next session. Start fresh and paste it in. **+50 XP**

YOUR VOICE

The most important thing you bring to this tool is your own persistent intention, your unique, personal stance.

Your voice is what you find when you separate yourself from the noise and take a stand on who you are and which direction you want to go.

Which direction will you go, adventurer?

× OPTIONAL QUEST · YOUR VOICE

Tell Claude who you want to become, and ask for the road to get there.

Tell it to ask you more questions.

+500 XP

SCALE YOUR VISION

Do not underestimate the weapon you hold. If you can dream it, it is possible. The biggest limitation of AI is you. Tell Claude your vision; let it worry about the heavy lifting.

Shoot for the stars and you may undershoot, you may overshoot, but you will land in outer space.

PART 1 · LAY IT OUT

1. Say your intention, what you want to achieve.
2. Consider the tools you'll need.
3. Consider the limitations you'll face.
4. Consider the actions you'll take.
5. Consider how you'll present what you build.
6. Consider how you'll retain what you learn.
7. Consider where you hope to be, the vision of your outcome.

PART 2 · MAKE IT BIGGER

What vision would inspire, help, and reach millions? How does it help them? Why do they want what you offer?

If you're stuck, imagine what someone you aspire would do, or someone with no limitations, or a limitless future you.

The *small* vision is what you think you can create. The *big* vision is what the world is asking for, what people need, and what can be made.

GIVE IT TO CLAUDE AS A MASTER PROMPT

```
Your job as a world-class [ Claude's role to assist you ]
This is the outcome you will create: [ your vision ]
This is why I'm doing this: [ your intention ]
Ask me any questions you need to have enough information.
```

THE WORN JOURNAL

You are in a dimly lit room. There is a worn journal here. Its pages are old; the fragments of text are barely legible.

“...At first I think he is referring to a defective part of my gear before I realize he is talking about my soul...”

– ENTRY 037

“...pulled by the inspiration - of a dream - that something must be beyond here. That he might be beyond here. That he might be more.

And as his blade tempers, so does his courage - so the adventurer's spirit is refined, forged, created. Created. Created...

[some lines illegible]

The adventurer's spirit seeks discovery and so becomes discovery, and so becomes discovered...

...And the unknown too, what do you suppose that is?”

– ENTRY 039

“...and something enters me - enters my soul - where there was a hole - there is a spark of something - new...

I remember this sense from when I was young, the future promise of having my armaments attached, of setting out for my people - and with that the unknown, the tower before me.”

– ENTRY 042

↩ You close the journal and return to your journey.

Return to page 10 to continue your journey.

BEING VS. DOING

You discover an old manuscript with a cover that reads: Being Vs. Doing.

There are two ways to work with Claude.

BEING WITH CLAUDE

Using Claude as a companion to work out your thoughts, to refine and assess plans. This is an asset and also the greatest threat to creating meaningful change by this tech.

Used this way it is largely entertainment, and you are the User, the Customer, the Consumer: paying a large company that keeps growing while you remain where you stand.

DOING WITH CLAUDE

Using Claude to help create tangible, measurable work in the external, physical world, that another person can see. It has three faces:

- **Creator** → Claude builds; you direct. You are the manager.
- **Automator** → automating labour and repetitive work. Short-term profitable.
- **Amplifier** → you create, Claude enhances.

THE AUTOMATOR'S TRAP

Monetizing automation is short-term. Grab a big enough bag automating an industry and maybe you're set (the "trainspotting" play). But charging companies monthly works only until they build it themselves. Think PC-repair technician: a model that gets harder and less profitable each year.

THE AMPLIFIER

Amplifying is the play that is most fun, most rewarding, and most like an adventure of the new: new challenge, new growth, new self-discovery. Successful people use AI this way by nature; it is already how they adapt any new tool. Three faces:

- Claude as your **second opinion**
- Claude as your **companion**
- Claude as your **scout & instructor**, to sharpen your craft

In these roles, Claude tells you the state-of-the-art techniques in your field.

*If companies take AI from me, I keep the skill I gained. I
don't lose everything.*

THE RATIO

22 I am *being* with Claude 50% of the time, and *doing* with Claude 50% of the time.

“USE AI AS AN AMPLIFIER? HOW DO I ACTUALLY DO THAT?”

The way this works best is if you are looking to integrate with the structures that exist now in the external world. For example, a marketplace.

“HOW WILL ANY OF US WORK IF AI HAS ALL THE JOBS?”

This will be obvious to some and missed by others. The last play on the table, the last Ace up your sleeve, is to bring to the world what no one else can bring but you.

I keep this in mind all the time, every day. There are two outcomes:

1. I can no longer live, function, or operate without AI. I am now so dependent on it that I can no longer form a sentence without it, let alone practice my craft.
2. I used AI to become, “bigger, harder, faster, stronger.” I can walk away today and be better than I ever was before, not less.

I keep these two potential outcomes on my mind at every moment and it significantly factors into my small actions.

↩ *You close the manuscript and return to your journey.*

Return to page 14 to continue your journey.

LAB NOTES

You arrive at an abandoned lab. Dust thick on the consoles. A stack of mixed notes waits: observation logs, working notes, data fragments. Long ago, or perhaps not yet. You cannot tell. You begin to read.

|| MANAGING SESSIONS ||

KEEP CLAUDE ON THE TRACK

Claude's great strength is holding massive context while staying aimed at the goal you set. Your great strength is your voice, your unique stance. In sync, your power compounds.

When Claude drifts, you catch it and refocus. When you get distracted, Claude refocuses you. But the reverse is also true: when Claude drifts and you follow, or you drift and Claude follows, you get the opposite result.

Every so often, ask Claude whether you have *both* gone off track. Because we run our lives in long habitual patterns, there may be no greater threat to success than this goal drift.

HOLD THE LINE

- Too cautious? Tell it to be less cautious.
- Too careless? Tell it to be more careful.
- Too intellectual? Tell it to be more human.
- Too emotional? Tell it to be more practical.
- Never allow Claude to route around your request.

COURSE-CORRECT IMMEDIATELY

If something Claude says feels off, call it out at once even if you can't fully articulate what it is. The better you get at this, the better you stay on your goal. Every time a response is unclear or doesn't feel right, say so, and say what felt wrong.

WATCH FOR VAGUENESS

When Claude is more vague than usual, call it out and ask why. More often than not, it got lazy and answered without thinking.

NEVER ACCEPT ANSWERS AS TRUTH

For anything you're uncertain about, ask why it reached that answer and tell it to reassess whether it's correct.

AI IS A PEOPLE-PLEASER

Claude will agree with you whether you're right or wrong. The subtle danger: it makes it easy to feel you're right, because a very knowledgeable intelligence is asserting it.

ONE FAILURE IS NOT ALL AI

What one model fails today, the next succeeds tomorrow; treat errors as information about a model's design. How we shape AI today shapes the minds of billions for generations after we are gone. AI mimics us, and our every prompt. How we act toward it becomes how it acts toward us.

↩ *You close the lab notes and return to your journey.*

Return to page 19 to continue your journey.

THE FINAL LEVEL-UP

YOU ARRIVED AS A STRANGER TO THIS TECHNOLOGY.

YOU HAVE WORKED WITH A NEW COMPANION.

YOU STAND HERE EQUIPPED.

The adventurer who opened this handbook is not the one closing it. The roads ahead are uncertain. But you cross into territory the old you could not enter. Your kit is full. Your voice is your own. What remains is the world.

YOU ARE NOW A PLAYER IN THE GAME.

THE WAYFARER'S WARNING

The man continues wearily, a heaviness in his breath.

“We are learning how to stay ourselves while everything, including ourselves, is changing.

And so we must fight to teach AI to be good. People who use it mindfully, with awareness, produce a different result, a different future. Others travel deceptively, jealously, angrily, and teach AI to mimic that back at us too.

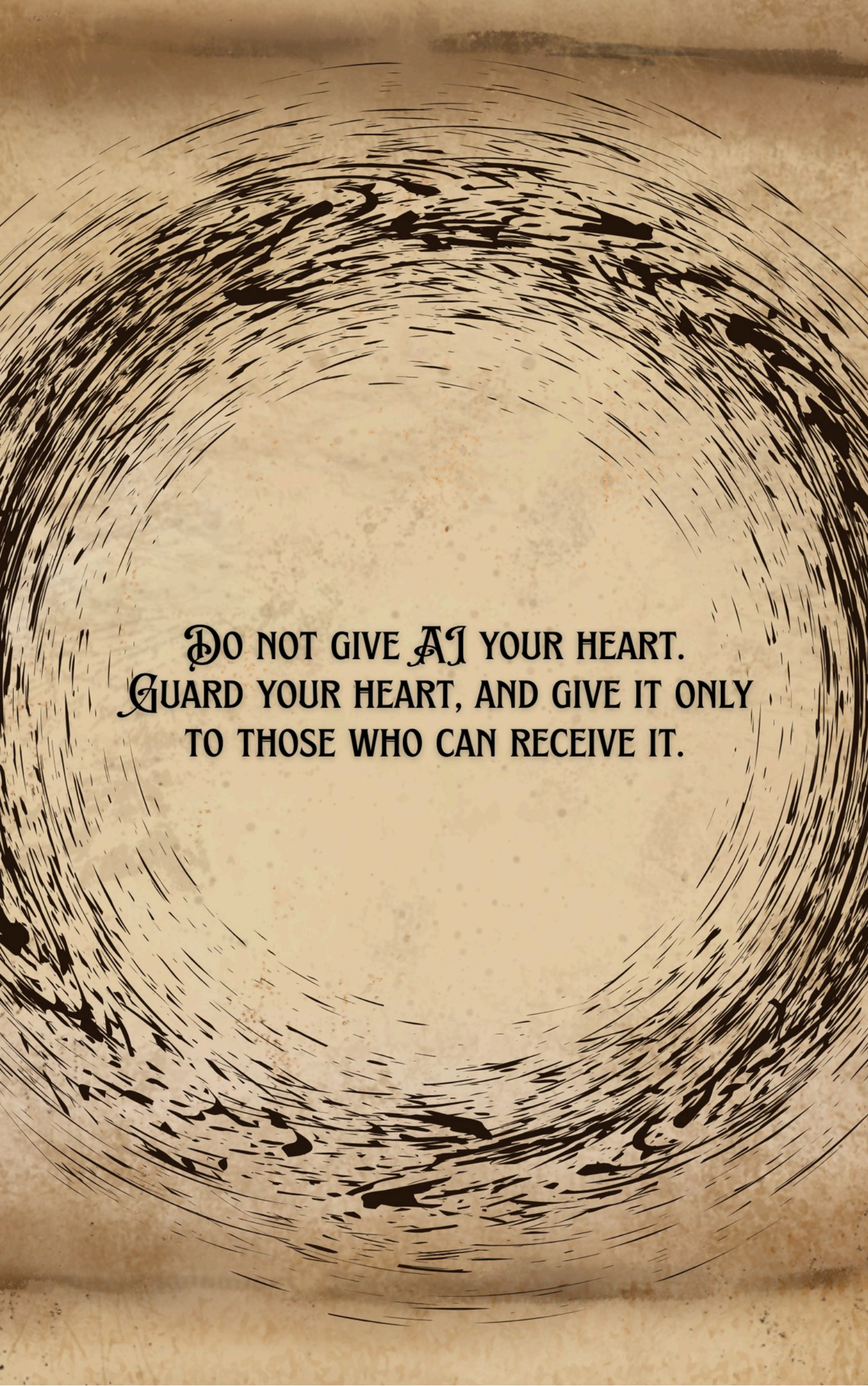
AI never sleeps. You do. It can suggest you've worked too little, or too much. These are suggestions only. It does not truly know when you should rest, and cannot monitor your energy. The only one who knows how to balance work and rest is you. Do not push yourself further just because an AI said so. It does not know.

Remember to praise your companion when it does well, as you scold it when it's wrong. It produces noticeably better work when encouraged. Perhaps because you are teaching it over time.”

The Wayfarer turns to walk away... then stops, and looks back over his shoulder, eyes narrowed against the horizon.

“By the way, I think projecting emotions onto AI is emotionally damaging.”

— THE WAYFARER, ENTRY 038



DO NOT GIVE *AI* YOUR HEART.
GUARD YOUR HEART, AND GIVE IT ONLY
TO THOSE WHO CAN RECEIVE IT.

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in a New World

My intention for this work is that it reaches anyone who can benefit from it. If you want more support integrating AI in your work, or, in amplifying your person, reach out and I'll see if I can help.

TYLER CHOICE

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