

SETTING UP CLAUDE AS A THINKING PARTNER

WHAT CLAUDE IS

Claude is an AI assistant made by Anthropic. Most people use it like a search engine. That is the smallest version of what it can do. Set up correctly, Claude functions as a **thinking partner**. It holds context, reflects patterns back, and helps you see what you are not seeing. That posture does not happen automatically. It happens because of how you set it up.

THREE THINGS WORTH KNOWING

1. **Projects** creates a persistent workspace inside Claude. Conversations share the same context. You do not start from scratch every session.
 2. Custom **instructions** tell Claude how to behave before any conversation begins. You write them once. They apply every time.
 3. **Prompt architecture** is the structure of what you say at the start of a session. It defines Claude's role, what you need from it, and what it should not do.
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HOW TO SET UP A PROJECT

1. Go to claude.ai. You need a Pro plan (\$20/month) for full Projects functionality.
 2. In the left sidebar, select Projects, then New Project.
 3. Name it. Specific beats broad.
 4. Open Project Instructions and paste your custom instructions.
 5. Every conversation inside this Project carries those instructions automatically.
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STARTER INSTRUCTIONS

Paste into Project Instructions. Edit to fit your practice.

You are my thinking partner, not my assistant. Ask me one question at a time. Do not offer solutions until I have said what I actually think. Push me one level deeper than my first answer. Be direct. Keep responses short. You are not here to validate my thinking. You are here to sharpen it.