

// FREE GUIDE BY @AVIGRONDIN

# Rate your face WITH CLAUDE

One connector, one selfie, one prompt.  
Claude sends back an honest face report: a  
score for every feature, one overall score out  
of 10, and the fixes worth doing.

01 CONNECT

02 SELFIE

03 PROMPT

SYMMETRY

JAWLINE

?.? OUT OF 10

This is the setup from my reel, start to finish. You connect one image tool  
to Claude once, attach a selfie and paste the prompt on page 5. A minute  
later you have a report you can act on.

// 02 • WHAT YOU GET

# One selfie in. One report out.

Claude looks at the features that decide how a face reads, scores each one, gives you a single number out of 10 and tells you what would move it.

## INPUT • ONE SELFIE



Mine, straight from the reel. Cap on, mic at my chin. Do better than I did (page 4).

## WHAT COMES BACK

- 1 overall score out of 10
- 10 category scores
- 3 strengths and 3 weaknesses
- 5 fixes, ranked by impact



## OUTPUT • THE REPORT

// FACE REPORT

@avigrondin

### Facial analysis



#### ATTRACTIVENESS SCORE

7.3

OUT OF 10

Above average  
Eyes and brows lead

#### CATEGORY SCORES

|          |     |                 |     |
|----------|-----|-----------------|-----|
| Symmetry | 6.8 | Facial thirds   | 6.0 |
| Jawline  | 6.0 | Cheekbones      | 5.8 |
| Eye area | 7.5 | Brows           | 7.6 |
| Nose     | 6.4 | Lips            | 6.0 |
| Skin     | 6.5 | Hair + grooming | 7.0 |

#### STRENGTHS

- Light hazel eyes with clear contrast
- Thick, dark, well-shaped brows
- Dense, even beard with clean lines

#### WEAKNESSES

- Soft midface, cheekbones lack definition
- Jaw angle lost under rounded beard
- Shine on forehead, nose and cheeks

#### TOP FIXES

1. Fade beard sides, keep length at chin
2. Shoot in side light, not flat sun
3. Lean out slightly to sharpen cheeks
4. Use matte SPF moisturizer to cut shine
5. Raise camera slightly above eye level

Example layout. Your card is drawn fresh each run, so the design will vary.

## WHAT IT SCORES

Symmetry Facial thirds Jawline Cheekbones Eye area Brows Nose Lips Skin Hair and grooming

// 03 • CONNECT HIGGSFIELD

# Connect Higgsfield. Once.

Claude does the analysis. Higgsfield is the image tool that draws the report card with your face on it. You link it to Claude one time and it works in every chat after that.

## PATH A • ON CLAUDE.AI

1. Open **Settings**, then **Connectors**.
2. Find **Higgsfield** in the list. If it is not there, choose **Add custom connector** and paste this URL:  

```
https://mcp.higgsfield.ai/mcp
```
3. Sign in with your Higgsfield account when it asks.

## PATH B • IN CLAUDE CODE

1. Run this in your terminal:  

```
claude mcp add --transport http higgsfield https://mcp.higgsfield.ai/mcp
```
2. Type `/mcp` inside Claude Code and sign in through the browser window that opens.

## GOOD TO KNOW

You need a Higgsfield account, and each image uses your Higgsfield credits.

## NO HIGGSFIELD?

Skip this page. The prompt still works: Claude builds the report as a page in the chat instead of an image.

## WHO DOES WHAT

01

### You

Attach a selfie and paste the prompt.



02

### Claude

Reads your face, scores it, writes the fixes.



03

### Higgsfield

Draws the report card with your face on it.



04

### Your report

One image you can save or post.

// 04 • DROP YOUR SELFIE

# The photo sets the ceiling.

Claude can only score what it can see. A clean photo gets you a sharper read and fewer guesses.

## A GOOD INPUT PHOTO

- ✓ **Straight on.** Eyes on the lens, head level, phone at eye height.
- ✓ **Window light.** Daylight in front of you, no hard shadows.
- ✓ **Relaxed face.** Mouth closed, no smile, no pose.
- ✓ **Nothing in the way.** Hat and sunglasses off, hair off your forehead.
- ✓ **No filter.** Beauty mode off. You want the truth.
- ✓ **Head and shoulders.** Your face fills most of the frame.



## MY MISTAKE, SO YOU SKIP IT

I ran mine with a cap on and a mic at my chin. Claude said it could not see my hairline or my jaw and marked those scores down. Take the hat off.

@avigrondin

## HOW TO SEND IT

1. Start a new chat and attach the selfie.
2. On [claude.ai](#), Higgsfield may open its own upload box. Add the same photo there.
3. Paste the prompt from the next page into the same message and send.

## THREE CHECKS BEFORE YOU SEND

01

### Can you see your hairline?

If a hat or hair covers it, Claude cannot score your upper third.

02

### Is one side darker?

Uneven light reads as uneven features. Turn to face the window.

03

### Is your jaw clear?

Hand, collar, mic, scarf: move anything that sits on your chin.

// 05 • RUN THE PROMPT

# Paste this. Hit send.

Selfie attached, prompt pasted, one message. It is written to stay honest, score every feature and give you fixes you can actually do.

**THE PROMPT • COPY ALL OF IT**

@avigrondin

You are a facial aesthetics analyst. I attached one selfie of myself. Give me an honest, specific read of my own face, the way a professional would write it up: direct, kind, no flattery, no insults.

Work only from what is visible in the photo. Do not guess my identity, age, ethnicity or health. If something is hidden (hat, hand, hair, angle, lighting), say so and score only what you can see.

**STEP 1: MEASURE**

- Symmetry: compare left vs right for eyes, brows, cheekbones, jaw and mouth corners. Name the specific asymmetries.
- Proportions: facial thirds (hairline to brow, brow to nose base, nose base to chin) and fifths (eye widths across the face).
- Bone structure: jawline and jaw angle, chin projection, cheekbone height and width, brow ridge, face shape.
- Soft features: eye area, nose, lips, skin texture and tone, hair and facial hair (shape, density, grooming).

**STEP 2: SCORE**

Score each of these out of 10 (one decimal). Mark a score LOW CONFIDENCE when that feature is partly hidden:

Symmetry, Facial thirds, Jawline, Cheekbones, Eye area, Brows, Nose, Lips, Skin, Hair and grooming. Then give one overall attractiveness score out of 10 (one decimal). It is your judgment of the whole face, not the average of the categories.

**STEP 3: REPORT**

Turn it into one portrait report card titled "Face Report".

- If Higgsfield is connected, render the card as a single image with Higgsfield. Use my selfie as the reference so the face on the card is mine, front-facing, with thin analysis lines over it.
- If it is not connected, build the same card as an artifact.

Design: dark background, one accent colour, big numbers, lots of space, easy to read on a phone.

On the card, with every line 6 words or fewer:

1. The overall score and a one-line verdict
  2. The 10 category scores
  3. Top 3 strengths
  4. Top 3 weaknesses
  5. Top 5 fixes ranked by impact, each something I can actually do (grooming, skincare, hair, posture, sleep, body fat, photo angle and lighting). No surgery, no medical advice.
- Under the card, in your reply: one line of reasoning per score, my single best feature, and my highest-impact fix.

**RULES**

- Be calibrated: 5 is average, 7 is clearly above average, 9+ is rare.
- Be specific to my face, never generic.
- Selfies are often mirrored, so say "left side of the photo" and "right side of the photo".
- This is one photo. Tell me what a second photo (front on, neutral light, no hat) would let you judge better.

// 06 • READ IT RIGHT

# Use it like a sharp friend.

Three things to know before you take the number personally.

01

## It is a read, not a diagnosis.

This is an AI looking at one photo. It is not a doctor and it is not the last word on your face.

02

## The number moves.

Run it twice and the score shifts a little. Trust what keeps showing up, not the decimal.

03

## The fixes are the point.

The score is the hook. The ranked list under it is what you came for.

### START WITH WHAT IS FREE

- ✓ **A better haircut** for your face shape.
- ✓ **Groomed brows and beard.**
- ✓ **Skin basics:** wash, moisturize, SPF.
- ✓ **Posture.** Chin level, shoulders back.
- ✓ **Better photos.** Side light, camera at eye level.

### THEN STEER IT IN PLAIN ENGLISH

"Score me the way a casting director would."

"Turn the fixes into a 4-week checklist."

"Score this second photo and compare."

"Make the card square for a post."

### RUN IT AGAIN IN 30 DAYS

Same spot, same light, same angle. That is the only fair comparison.

POSTING YOUR CARD?

Tag **@avigrondin** so I see it.

**@avigrondin**

// 07 • WHAT NEXT

# That was the fun part. Here is the serious one.

I use AI for a lot more than rating selfies. I use it to build and run lead generation businesses. If you want to do the same, there are two ways to work with me.

## OPTION 1 • THE COMMUNITY

### Join my Skool community

Pay Per Lead Academy

Stop chasing clients. Start building a lead generation business.

- Pick a niche
- Run Meta and Google ads
- Find lead buyers and price your leads
- Automate delivery and tracking



Join on Skool →

skool.com/pay-per-lead-academy-3593

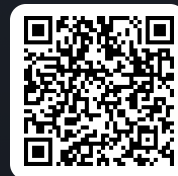
## OPTION 2 • DIRECT

### Book a call with me

1 on 1 with Avi Grondin • 60 minutes

One hour. Your business. My full attention.

- A deep dive into your specific business
- Your niche, your ads, your lead buyers
- A straight read on your numbers
- Your next best moves



Book your call →

Tap the button or scan the code

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More ways to use Claude, explained so anyone can run them.

