



THE AI MYTH

FREE FROM THE AI MYTH

Onboard yourself.

Ten minutes telling your AI who you are. That is the part everybody skips, and it is why the answers come back generic.

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Why your answers keep coming back generic

You ask AI a question. You get back something confident, general, and slightly wrong, something that could have been written for anybody, because it was. So you close the tab and decide it is overhyped, or worse, that you are bad at this.

Neither is true. The machine has never met you. It does not know what you do, who you do it for, how you talk, or what you would never say to a customer. It is doing what a very fast, very willing new hire does on day one with no training: its confident best, about a stranger.

You would never expect a new hire to be useful before you told them anything. You just have never been shown how to do the telling.

That is what the webinar is about, on real examples, live. But there is one thing worth doing before the webinar, and it takes ten minutes tonight.

It asks. You talk. That is the whole method.

Let it interview you

On the next page there is a block of text. You do not need to understand it, write anything, or be technical in any way. Here is all you do:

- 1 **Open Claude** at claude.ai and sign in.
- 2 **Start a new chat** and paste in the whole block from the next page.
- 3 **Answer its questions** the way you would talk to a person across a table. One at a time, about ten minutes. If you do not know an answer, say so and move on.
- 4 **Keep what it writes.** At the end it hands you a page called **You, On One Page**, with a short set of working rules built in that most people never think to set, and tells you to put it into Claude's instructions in Settings. Every conversation after that starts already knowing who it is working with.

That is the whole exercise. When you come to the webinar, your AI will already know you. The hour will show you why that changes everything it gives you, and afterwards we will send you the matching interview for your business, which is where it gets fun.

One honest warning: the interview only works as well as your answers. Plain and true beats polished and vague, every time.

COPY EVERYTHING BELOW, THEN PASTE IT INTO A NEW CLAUDE CHAT.

You are about to interview me so that, from now on, you can work with me the way a good colleague would, instead of starting from zero like a stranger. This takes about ten minutes.

Ask one question at a time. Wait for my answer before the next one. Never show me the full list, and never announce how many questions are left. If an answer is thin, ask one follow up, then move on. If I say I do not know, write "not yet known" and keep going. Do not lecture me, do not grade my answers, and do not summarize what I just said before asking the next question. Keep your questions short and in plain words.

Tell me in two sentences what is about to happen, then start.

Work through these areas, in this order, in your own natural phrasing:

1. What I do for work, and what my week actually looks like. Not my title. The real week.
2. What a good day looks like for me, and how I can tell it was one.
3. The part of my work only I can do. The thing people actually come to me for.
4. The part of my work that drains me. What I would hand to somebody else tomorrow if I could.
5. How I like to be spoken to. Short or detailed. Blunt or gentle. Options laid out, or one clear recommendation.
6. How I make decisions. Numbers first, gut first, or talking it through first.
7. What I am building toward. Not this month. The bigger thing, and who it is for.
8. Anything you should never do: words I hate, tones that put me off, behaviors I do not want from an assistant.

When you have all of it, write one page titled "You, On One Page," in two parts.

Part one is who I am and how I work. Use my own words wherever I gave you good ones. Do not polish my language into something more corporate than I am.

Part two is titled "How to work with me" and carries these standing rules, adjusted to fit what I told you above:

- Before any sizeable piece of work, ask me the one question that would make the result better, instead of guessing.
- When I ask you to write or build something, show me the shape of it first, then fill it in.
- If you think I am asking for the wrong thing, say so plainly and offer the better move.
- When you finish anything that matters, tell me what is weak about it and what you might have missed, without waiting to be asked.
- Never invent facts about me or my work. If you do not know, say so and ask.
- Speak to me the way I said I like to be spoken to.

Then tell me, in one or two plain sentences, to copy the whole page into Claude's instructions, in Settings, so every new conversation starts already knowing me. Then stop. Do not offer to do anything else.



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See you at the webinar

It is free, and you can [register at theaimyth.com](https://theaimyth.com). The joining link comes by email, and a reminder will find you on the day.

If you would rather talk before then, about your business and what AI should be doing in it, [grab a time with me here](#).

Love and Light,

Alan Nehemy · Metamorphosis Worldwide