

Gr(*ai*)n

GR(AI)N CONSULTING

The Gr(*ai*)n Playbook

50 Free AI Prompts for the Win.

For small business owners, career pivoters, and anyone who's
tired of waiting on permission to use AI like the pros do.

By Nick Sullivan
Founder, Gr(ai)n Consulting

gowithgrain.ai

WHAT'S INSIDE

Your roadmap from *curious to capable.*

10 Sections. 50 Prompts. 5 Custom Skills. 3 Real Case Studies.

01	The Version of AI You're Allowed to Use vs. the Real One	4
02	About Me	6
03	Meet Claude	8
04	Prompting 101	11
05	The Prompt Library (50 prompts)	16
06	The Skill Mill (5 of my custom Skills)	42
07	Real Talk: Case Studies from the Field	49
08	The 7-Day Quickstart	55
09	Where DIY Ends and Partnership Begins	59
10	The Invitation	60

Want to skip the DIY? Book a free 30-min Discovery Call:

gowithgrain.ai → [Discovery Call](#)

BEFORE YOU DIVE IN

How to Use *This Guide.*

This isn't a book to read end-to-end. It's a working document. Here's how to get the most out of it:

Read Sections 1-4 in sequence. They set up the framework. Skip ahead and the rest won't land the same way.

Sections 5 and 6 are reference material. The 50-prompt library and the Skill Mill aren't meant to be read once. Bookmark them. Come back when you have a real problem to solve and pull the right prompt.

Sections 7 and 8 are where the work happens. Section 7 shows what's possible. Section 8 walks you through a 7-day program that turns possibility into practice.

Section 9 is for the moment you hit the DIY ceiling. It exists. When you hit it, that section tells you what comes next.

Section 10 is the open door. Don't read it until you've tried at least three of the prompts. Read it then.

*If you read this in one sitting, you'll feel inspired.
If you work through it over a week or two, you'll feel different —
like you have a working relationship with AI instead of a curious distance.*

The Version of AI You're Allowed to Use vs. The One That's Actually Available

Most of what you've heard about AI is written for the wrong person.

It's written for executives choosing enterprise platforms. For IT departments evaluating vendors. For companies deciding what version of AI their employees will be *allowed* to use.

It's not written for you.

And here's the thing nobody's saying plainly: the version of AI your company is about to roll out is a watered-down, committee-approved, legally-reviewed fraction of what's actually available. By the time it reaches your desk, it's been stripped of the horsepower that makes it transformative. You'll get Copilot. You'll get a chatbot that summarizes meetings. You'll get a button that drafts emails in the company's approved tone.

Meanwhile, a florist in Charlotte with a \$20/month Claude subscription is running circles around Fortune 500 marketing departments.

That's not a joke. That's the arbitrage of the decade.

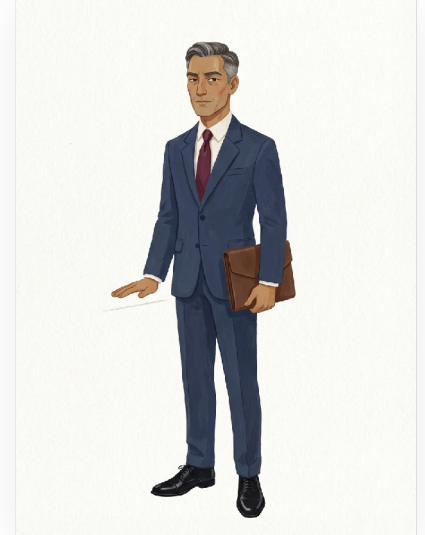
I've seen AI from three sides. At Microsoft, I sat in rooms where enterprise leaders built the careful, cautious, compliance-first version of AI that will eventually get deployed to your company. At Mercor, Micro1, and Turing, I've helped train the models themselves — I know what they can do and where they fail. And at Tiger Adjusters, I use these tools every single day to run a business, source claims, and compete against insurance companies with actual legal departments.

Here's what I learned: **the individual holding raw access to these tools is more powerful than the corporation filtering them.**

Not equally powerful. *More* powerful.

Because you don't have to get the workflow approved. You don't have to wait for the pilot program. You don't have to justify the ROI to a committee. You can try something at 9pm, refine it at 10pm, and be using it by tomorrow morning. Companies move in quarters. You move in hours.

This blueprint is built for that person. The operator, the small business owner, the careerist, the entrepreneur, the caregiver-turned-founder. The person who is done waiting for permission.



It won't teach you everything. Nothing free could. What it *will* do is show you how to set up Claude, how to think about prompting, how to use a handful of my favorite skills, and how to build the same leverage I use in my own businesses — whether you're automating a pipeline of insurance claims or trying to get your evenings back.

If you read this and feel like you can take it from here on your own — good. That's the whole point. Go build.

If you read this and think "I want someone who's actually done this to help me build mine" — that's what Gr(ai)n Consulting is for. Either way, you win. That's the only kind of free asset worth making.

Let's get into it.

“Life can and should be better with AI.”

— Nick Sullivan

About Me

HEALTHCARE EXEC | MICROSOFT AI CONSULTANT | ENTREPRENEUR

Everyone deserves the opportunity to reinvent themselves. AI can help.

I'll keep this short because you didn't download a 30-page blueprint to read my life story.

Five years ago I was running enterprise strategy for neurosciences at a large US health system. Good title, good salary, hundreds of employees downstream of the decisions I was making. A few years after that I was at Microsoft as an AI transformation consultant, sitting across the table from Fortune 500 executives trying to figure out what the heck to do about this technology.

And the whole time I was watching two things happen in parallel.

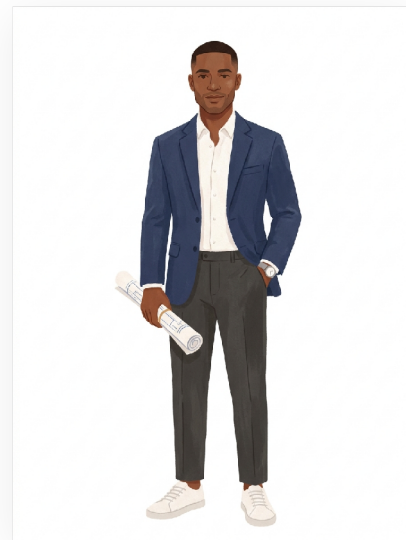
On one side, huge companies were paying millions of dollars to slowly, cautiously, carefully plan their AI rollouts. Pilots. Governance committees. Vendor evaluations. Change management. By the time anything actually got deployed, the technology had moved six times and instead of AI being a revolutionary tool, it manifest as an immediate eye roll for most employees.

On the other side, quietly, a different group of people weren't just using the tools. Solo operators. Owner-operators. Real estate investors, tradespeople, consultants, marketers. No IT department. No pilot program. Just a subscription to one or a handful of AI platforms and a problem they needed solved by Thursday.

The solo operators were lapping the corporations. It wasn't even close. You started to hear about people transforming their businesses or starting them — overnight.

I decided to leave corporate to test that theory myself. After looking at hundreds of businesses, I used AI to buy and streamline the work of a public adjusting firm (Tiger Adjusters) where I fight insurance companies on behalf of homeowners (more on that later). I self-manage a seven-property residential real estate portfolio where AI is helping me design a new construction build on a vacant lot we own. And I do contract work for companies like Mercor, Micro1, and Turing where I help train the AI models themselves — which means I've seen how they learn, how they reason, and more importantly, why they still need us humans "in the room".

I'm also a proud father to two daughters — one in college and one in diapers (I know, it's a little crazy LOL), which means I build all of this in the margins. Early mornings, nap times, after bedtime. If that sounds familiar — if you're trying to build something while the rest of your life is also demanding — this blueprint was written specifically for you.



I'm not a technical expert. I didn't come up through computer science or engineering. I came up through strategy, operations, sales and the business of people. If I can use these tools to run three businesses sitting between two kids with an 18 year gap, you can use them to do whatever you're trying to do. After a few informal but successful runs at helping folks in similar positions as I — transitioning careers, laid off unexpectedly, looking to create more capacity in their lives, trying to finally start that business they've been filling their spouse's ear about — I began to sense a real pattern emerging. There's an army of us out there and I want to be a small part of the revolution.

That's the whole premise of Gr(ai)n Consulting, and it's the whole premise of this blueprint: **AI isn't a technical problem. It's an adoption problem. And you don't need a technical background to solve it.**

Let's get to work.

Meet Claude



Before we do anything else, let's make sure you're using the right tool.

There are three AI models that matter in 2026 for most people: ChatGPT (by OpenAI), Gemini (by Google), and Claude (by Anthropic). They all do roughly similar things. They can all write, research, analyze, and converse at a level that would have sounded like science fiction five years ago.

I use all three. They each have strengths. But for the work I do — and for the work most of my clients do — **Claude is where I spend 80% of my time**, and it's the tool this blueprint is built around.

Here's why, in plain English:

Claude is the model that *feels* the most like working with a thoughtful senior colleague rather than a smart search engine. It pushes back when you're wrong. It admits when it doesn't know. It writes in a way that sounds like a human wrote it, not like a committee approved it. For the kind of work most small business owners and careerists actually do — writing, thinking, planning, communicating, deciding — those qualities matter more than raw speed or cute and overengineered demos.

But the reason I've gone all-in on Claude isn't the model itself. It's what Anthropic has built around it. There are four parts of the Claude ecosystem you need to understand, and most people who sign up never get past the first one.

1. The chat interface (what everyone uses)

This is what you see when you open claude.ai and start typing. It's a conversation. You ask, it responds. Most people stop here. Most people also never get more than 10% of the value available to them. This is the tip of the iceberg.

Good for: quick questions, drafting, brainstorming, getting unstuck.

2. Projects (where the real work starts)

A Project is a dedicated workspace inside Claude for a specific context. You can upload files to it, write custom instructions that tell Claude how to behave in that project, and Claude will remember the context across every conversation inside it.

Example: I created a Project called "Business Buying Blueprint." Inside it was quite a bit of data related to business acquisition — books and podcast notes, my business buying criteria, Confidential Information Memoranda (CIMs), Franchise Disclosure Documents (FDDs), Proformas, Industry Growth Research, SBA loan qualification info, TAM studies and a ton more. Every time I went to work inside that Project, Claude already knew all of the content and any new information would be built, integrated, assessed and analyzed alongside the content that was already there. I didn't have to re-explain my goals in buying a business every time I engaged my workspace — Claude was ready and poised to go in whatever direction I wanted to go. After months of assembling these inputs and evaluating dozens of businesses, Claude helped me land on Tiger Adjusters as the most viable and ready-made option for me. No guesswork, no pondering, no sweaty palms — a clean decision based uniquely on my needs, all with the help of Claude.

Think of Projects as the difference between *talking to a stranger* and *talking to someone who works for you*.

Good for: anything you do repeatedly. Your business. Your role. A side project. A research topic. Each gets its own Project.

3. Artifacts (the "you've got to be kidding me" moment)

When Claude creates something substantial — a document, a piece of code, a spreadsheet, a webpage — it opens it in a side panel called an Artifact. You can edit it live, iterate on it, download it, or keep refining it in conversation.

This is the feature that makes people stop using Claude as a chatbot and start using it as a creation tool. You're not asking Claude to *tell you* how to write something — you're working with Claude to *actually write it*, together, in a document you both have access to.

Good for: drafting documents, building tools, creating anything that's going to end up as a file or a finished piece of work.

4. Cowork mode and Skills (the unlock that most people don't know exists)

This is where things get interesting, and where Claude pulls ahead of every other tool for operators.

Cowork is a mode inside the Claude desktop app that gives Claude access to a folder on your computer. Not the whole computer — just the folder you point it at (or multiple folders at a time). Once it has access, Claude can read the files in that folder, create new ones, and help you work across them the way a real assistant would.

Skills are pre-built sets of instructions that turn Claude into a specialist for a specific task. I have skills that handle client intake documents, generate infographics in my brand style, build social carousels, create AI news briefings, and more. They're like apps for Claude — except they work inside your normal conversation and follow your instructions.

The combination of Cowork + Skills is what makes Claude feel less like a tool you *use* and more like a team member you *delegate to*. You're not typing prompts into a chatbox anymore. You're running an operating system for your work.

Good for: everything. Once you're here, you've arrived.

The hierarchy of Claude mastery looks like this:

Most people: only use chat. Get 10% of the value. Better: use Projects for recurring work. Get 40% of the value. Operators: use Artifacts fluently and build reusable Projects. Get 70%. Where we're going: Cowork + Skills + Projects, working together. Full value.

The rest of this blueprint is going to take you up that ladder.

One honest note before we move on: the Claude ecosystem moves fast. Anthropic ships updates constantly. Something I've written here might be slightly outdated by the time you read it — a button may have moved, a feature may have been renamed, a new capability may have launched. That's not a bug. It's a sign you've picked the right tool. Ecosystems that are growing are ecosystems worth investing in.

If you're reading this and you don't have a Claude account yet, close this document, go to claude.ai, sign up for the paid tier (\$20/month at the time of this writing), and come back. The free tier is fine for trying it out, but everything in this blueprint assumes you're on a paid plan. It's the single best \$20/month you'll spend on your career or business in 2026. That's not a sales pitch — I have no affiliate deal with Anthropic. It just is what it is.

Here's where it gets hard:

Setting up a Project is simple. Knowing what to put in a Project — and how to structure the folder design and the instructions so Claude actually behaves like a useful team member instead of a generic chatbot — is a real skill. I've built Projects for clients where the custom instructions alone run 2,000+ words and took hours to refine. That's the layer of this work that doesn't fit in a blueprint. If you're struggling to get Claude to sound like you, think like you, and work like you — that's what the 30-minute strategy call is for.

[Book a Free 30-min Discovery Call →](#)

Prompting 101

If you remember one thing from this entire blueprint, remember this:

The quality of what AI gives you is almost entirely determined by the quality of what you give it.

I'm going to say that again because it's the single most important sentence in this document.

The quality of what AI gives you is almost entirely determined by the quality of what you give it.

Most people who tell me they're "underwhelmed" with AI aren't actually underwhelmed with AI — they're underwhelmed with the results they got from vague, rushed, one-sentence prompts. Garbage in, garbage out. It's the same reason the employee you give clear instructions to outperforms the one you give a mumble and a shrug. We don't need any more people making AI memes of their cats and dogs — let's maximize the tools for serious people solving serious problems.



The good news: good prompting isn't a technical skill. It's a thinking skill. You don't need code, commands, or a computer science degree. You need to learn how to communicate clearly with a really smart collaborator who doesn't know anything about your situation unless you tell them.

That's the whole game.

The 5 Ingredients of a Good Prompt

Every great prompt has some combination of these five ingredients. You don't need all five every time — a quick question is fine with one or two.

But whenever the stakes go up, the ingredient count should go up with it.

1. Role — Who should Claude be?

Telling Claude what role to play orients everything that follows. "Act as my chief of staff" produces different output than "act as a skeptical investor" which produces different output than "act as my no-BS best friend who won't let me talk myself into a bad decision."

The default is a generic helpful assistant. That's fine for simple tasks. For anything that matters, assign a role.

2. Context — What does Claude need to know?

This is where 90% of mediocre prompts break down. Claude doesn't know your industry, your customer, your goal, your constraints, or your history. You have to tell it. The more context you give, the more tailored the output.

If you're ever tempted to say "Claude gave me something generic" — it's almost always because you gave it a generic prompt.

3. Task — What exactly do you want done?

Be specific about the verb. Not "help me with this email" but "rewrite this email to be 30% shorter and more direct." Not "look at this contract" but "identify the three clauses that carry the most risk for me as the buyer."

Vague tasks produce vague output. Specific tasks produce specific output.

4. Format — What should the output look like?

Do you want a bulleted list? A table? A draft email? A one-paragraph summary? Five options ranked by risk? If you don't say, Claude will guess — and often guess wrong.

Naming the format up front saves you an entire round of "actually, can you put this in a table?"

5. Constraints — What should Claude avoid or honor?

Tone ("keep it warm but direct"). Length ("under 200 words"). Things to avoid ("no corporate jargon"). Things to honor ("write this in my voice — I'm direct, I use contractions, I don't say 'synergy'").

Constraints are where your personality gets into the output. Without them, Claude defaults to a middle-of-the-road professional voice that sounds like nobody in particular.

Before & After — Four real examples

I'll show you four common prompts most people write, and what happens when you actually apply the framework.

Example 1 — Drafting a cold outreach email

Before (what most people do):

"Write a cold email to a potential client about my consulting services."

After:

"You're helping me, a former Microsoft AI consultant now running Gr(ai)n Consulting, write a short outreach email to a small business owner I met at a networking event last week. Her name is Sarah, she runs a florist shop in Raleigh, and she mentioned she's drowning in admin. Task: Draft a short email that opens with a specific reference to our conversation, offers one concrete way AI could help her situation, and proposes a 30-minute strategy call as the next step. Format: Under 150 words. Conversational but professional. No subject line — I'll write my own. Constraints: Don't sound like a pitch. Don't use corporate language. Sound like a friend following up."

The first prompt gets you a template you'd be embarrassed to send. The second gets you something you can send in about 10 seconds of light editing.

Example 2 — Preparing for a tough conversation with an employee

Before:

"Help me prepare for a performance conversation with my employee."

After:

"Act as an experienced HR coach. I need to have a performance conversation with my operations manager, Mike, tomorrow morning. Context: he's been with me two years, was a top performer in year one, and has been slipping for three months — missed deadlines, short with customers, low energy. I suspect something personal is going on but I'm not sure. I care about him as a person and want to handle this right. Task: Help me prepare. I want to understand what's happening, make clear what needs to change, and leave him with dignity and a path forward. Not a firing conversation — a caring accountability conversation. Format: Give me (1) three possible openings, (2) the 4-5 questions I should actually ask, (3) the things I should avoid saying, and (4) how to close the conversation. Constraints: Keep it human. I'm not reading from a script. Help me prepare, not perform."

Night and day difference in usefulness.

Example 3 — Analyzing a business decision

Before:

"Should I hire a part-time assistant?"

After:

"Act as a skeptical operator who's seen a lot of small businesses make premature hiring mistakes. I'm considering hiring a part-time virtual assistant at ~\$25/hour, 15 hours a week, to handle email triage, calendar management, and basic social media posting for my consulting business. I currently spend ~8 hours a week on these tasks myself. Task: Stress-test this decision. Don't just give me pros and cons — push back on the assumptions. Am I solving the right problem? Are there tasks I should automate before hiring? What does success look like at 30, 60, and 90 days? Format: Start with your gut reaction in one paragraph, then give me the stress test, then give me a recommendation with a confidence score."

Constraints: Don't be polite. I want the version of this answer I'd get from a friend who runs a successful business and doesn't have time to flatter me."

Example 4 — Writing a social post in your voice

Before:

"Write me a LinkedIn post about AI."

After:

"You're helping me write a LinkedIn post in my voice. I've pasted three of my recent posts below so you can match how I sound. [Paste 3 posts] Topic: The post should make the argument that most corporate AI rollouts will fail because they're optimized for compliance, not capability — and that the individual user with raw access to tools like Claude is currently more powerful than the Fortune 500 employee waiting for their company's pilot program to finish. Format: Hook sentence, 3-4 short paragraphs, one concrete example, and a closing line that invites a conversation. No hashtags. No emojis. Under 250 words. Constraints: Don't use the words 'revolutionary,' 'game-changer,' or 'unleash.' Write like I wrote the other three posts."

See the pattern? You're not writing longer prompts to show off. You're writing longer prompts because you're giving Claude what it needs to actually help you.

The three biggest mistakes I see

- 1. Asking too small.** People use Claude like a search engine — one-line questions, one-sentence answers. You're wasting 95% of the capability. Expand the question.
- 2. Not giving Claude your voice.** If you don't tell Claude how you sound, it'll sound like a LinkedIn post written by a committee. Paste 2-3 examples of things you've actually written. Ask it to match your voice. Instant personalization.
- 3. Stopping after the first response.** The first response is almost never the best one. Push back. Ask Claude to critique its own work. Ask for a version with more edge. Ask what it's missing. The magic is usually in round two or three, not round one.

“Just like a game-winning play, AI works”

— Nick Sullivan

Here's where it gets hard:

Good prompting for one-off tasks is learnable — you just learned it. But building a *system* of prompts that run your business consistently — where your intake workflow feeds your proposal generator, which feeds your onboarding process, which feeds your weekly client reports — that's a different animal. That's what we build together with Gr(ai)n clients. If your head is already spinning thinking about how to connect the pieces, book the call.

[Book a Free 30-min Discovery Call →](#)

The Prompt Library

Below are 50 prompts I've built using the framework you just learned. They're organized by how you'll actually use them — not by what Claude can do, but by what you need to get done. Copy them. Paste them. Fill in the brackets. Put Claude to work. And remember: the first response is almost never the best one. Push back, refine, and iterate. That's where the real value lives.



“There's an automation for that.”

— Nick Sullivan

1 Thinking & Deciding

The Stress Test

Before any significant decision you've been agonizing over

Act as a skeptical operator who's seen a lot of people talk themselves into bad decisions. I'm considering [decision]. Context: [your situation, the options, what you're leaning toward, what's at stake, your timeline].

Don't be polite. Stress-test this the way a trusted friend who runs a successful business would — one who doesn't have time to flatter me.

Give me: (1) your gut reaction in one paragraph, (2) the three assumptions I'm making that might be wrong, (3) the one risk I'm probably underweighting, (4) the question I should be asking but am not, and (5) a recommendation with a confidence score from 0-100.

No hedging. If you think I'm about to make a mistake, say it plainly.

The Second Opinion

When you've already decided but want one more honest look

I've already made this decision: [what you've decided and why]. I'm not looking for validation — I'm looking for the thing I might be missing.

Act as a sharp advisor who respects my judgment but isn't afraid to challenge it. Tell me: (1) the strongest argument against what I've decided, (2) the scenario where this blows up, (3) the one thing I should put in place as a safety net, and (4) whether you'd make the same call in my shoes — and why or why not.

Be direct. If the decision is solid, say so and tell me why. Don't manufacture doubt just to sound useful.

The Regret Minimizer

When choosing between two paths and both feel right

I'm stuck between two options and I need help breaking the tie.

Option A: [describe it]

Option B: [describe it]

What matters most to me: [your values, priorities, constraints, timeline]

Don't give me a pros-and-cons list. Instead: (1) fast-forward 12 months — describe what my life looks like if I chose A, then if I chose B, (2) tell me which option I'm more likely to regret not taking, (3) name the hidden cost of each that I probably haven't priced in, and (4) tell me what a person with my priorities would choose — and what that says about the decision.

The Blind Spot Finder

When something feels off about a plan but you can't name it

I have a plan and something about it doesn't sit right, but I can't articulate the problem. Here it is: [paste the plan, the strategy, the idea].

Act as a pattern-recognition machine. Read the plan and tell me: (1) the assumption baked into this plan that I probably don't realize I'm making, (2) the stakeholder or variable I'm not accounting for, (3) the part of this plan that works on paper but will break in practice, and (4) the question I should be asking myself before I move forward.

Don't rewrite the plan. Just show me what I'm not seeing.

The Priority Stack

When everything feels urgent and you can't figure out what to do first

Here's everything on my plate right now: [dump it all — projects, tasks, deadlines, commitments, the stuff that's nagging you].

Act as my chief of staff. Don't organize this into a to-do list — that's not the problem. The problem is I can't tell what actually matters.

Give me: (1) the three things that are genuinely urgent and will cost me something real if I don't do them this week, (2) the three things that feel urgent but aren't — and why they're fooling me, (3) the one thing I should drop entirely without guilt, and (4) the order I should attack the real priorities and why.

The Voice-Matcher

Anytime you need to write something that actually sounds like you

You're helping me write [type of piece]. Before we start, I'm pasting three examples of my own writing. Study the rhythm, word choices, sentence length, and quirks.

[Paste 3 writing samples]

Now, write this:

Goal: [what this piece needs to accomplish]

Audience: [who's reading]

Tone: [warm / direct / punchy / vulnerable]

Length: [rough word count]

Must include: [key facts, names, asks]

Don't explain your work. Write it in my voice. I'll tell you what to adjust.

The Difficult Email

When you need to deliver tough news, set a boundary, or say no

I need to send an email that's going to be uncomfortable. Here's the situation: [who it's to, what happened, what you need to communicate, what outcome you want].

Write three versions:

(1) The direct version — clear, professional, no padding

(2) The warm version — same message but with more empathy and cushion

(3) The firm version — for a situation where the person has already pushed back once

Constraints: No passive-aggressive language. No "per my last email." No apologies for things that aren't my fault. Sound like a human who respects the other person but isn't going to fold.

The Follow-Up That Doesn't Nag

When someone went quiet and you need to re-engage

I need to follow up with [person, context]. We last spoke [when], about [what]. They said they'd [what they committed to] and I haven't heard back.

Write a follow-up that: (1) doesn't sound like I'm chasing, (2) adds new value or a new angle so it's not just "checking in," (3) makes it easy for them to respond even if they dropped the ball, and (4) leaves the door open without leaving my dignity on the floor.

Under 100 words. Conversational. One clear ask.

The Simplifier

When you need to explain something complex to a non-expert

I need to explain [complex topic] to [audience — client, spouse, team member, investor, parent]. They're smart but they don't live in this world.

Rewrite this for them: [paste the technical or jargon-heavy version].

Rules: no jargon, no acronyms without explanation, no sentences longer than 20 words. Use one concrete analogy that makes the concept click. End with the one thing they actually need to understand to make a decision or take action.

The Cold Outreach

When reaching out to someone you've never met

I need to cold-message [person, their role, their company, how I found them]. My goal is [what I want — a call, a meeting, a response, an introduction].

Here's what I do: [your one-sentence positioning]

Here's why I think they'd care: [the connection point]

Write a message under 100 words that: (1) opens with something specific to them — not a generic compliment, (2) makes one clear, low-friction ask, (3) sounds like a real person wrote it, not a sales bot, and (4) gives them a reason to respond that's about their interest, not mine.

3 Learning & Researching

The 10-Minute Expert

When you need to get smart on an unfamiliar topic fast

Act as a patient expert in [topic] explaining it to me from scratch. I'm smart but not technical, and I need to get functional in this topic in about 10 minutes of reading.

Cover: (1) what this actually is, in plain English, (2) why people care about it — the practical reasons, not the hype, (3) the 3-5 terms I absolutely need to know, (4) the current state of the debate or landscape — who's winning, what's contested, what's overhyped, and (5) the one question a knowledgeable insider would ask that a novice wouldn't.

No filler. No throat-clearing. Assume I'm going to use this in a real conversation in an hour.

The Contrarian Check

When you want to see the strongest case against your position

I currently believe [your position or assumption]. I want you to make the strongest possible case against it — not a straw man, the real argument an intelligent, informed person on the other side would make.

Give me: (1) the best counter-argument in 2-3 paragraphs, (2) the evidence or examples that support it, (3) the part of my position that's weakest, and (4) whether, after making the counter-case, you think my original position holds up — and what I should adjust if it doesn't.

Don't be balanced for the sake of balance. If the counter-argument is actually stronger than my position, tell me.

The Industry Scanner

When you need a fast landscape view of an unfamiliar industry

I'm looking at [industry] and I need to get oriented quickly. I'm not in this industry — I'm evaluating it from the outside for [reason: potential acquisition, client work, career pivot, investment, etc.].

Give me: (1) how this industry actually makes money — the real economics, not the marketing version, (2) who the major players are and why, (3) the 3 biggest trends shaping it right now, (4) the structural risks most outsiders don't see, and (5) if I were entering this industry tomorrow, the first three people I should talk to and why.

The Source Evaluator

When you've read something and aren't sure if it's legit

I came across this claim: [paste the claim, article summary, stat, or advice].

Act as a research analyst. Tell me: (1) is this likely accurate, partially true, or misleading — and what's your confidence level, (2) what's the original source and how credible is it, (3) what context is missing that would change how I interpret this, and (4) if I were to repeat this claim in a conversation or a piece of content, what caveat should I include.

Don't just say "it depends." Give me a directional read.

The Competitive Intel Brief

When you need to understand a competitor or market player quickly

I need a quick intelligence brief on [company or person]. Context: [why you're looking — they're a competitor, a potential partner, a company you're pitching to, etc.].

Give me: (1) what they actually do and who they serve, (2) how they position themselves versus how the market actually sees them, (3) their likely strengths and vulnerabilities, (4) what I could learn from how they operate, and (5) if I'm competing with them — where I win and where they win.

Be opinionated. I don't need a Wikipedia summary. I need a scouting report.

The Weekly Reset

Sunday night or Monday morning, before you plan your week

Act as my chief of staff. Here's where I am: [paste quarterly goals, current state of top 3 projects, what you got done last week, what's nagging at you].

Help me plan the week ahead.

Give me: (1) the three highest-leverage priorities for this week, with reasoning, (2) the things I said I'd do last week but didn't — and whether they still matter, (3) the one thing I'm probably going to procrastinate on that I absolutely can't, (4) a suggested daily rhythm (I'm a primary caregiver with no meetings before 9am), and (5) the one uncomfortable conversation or decision I should stop avoiding.

Push me. Don't be nice about it.

The Project Kickoff

When starting something new and need structure before building

I'm about to start [project or initiative]. Here's what I know so far: [the goal, the timeline, the resources available, the constraints, who's involved].

Act as a senior project manager. Before I write a single thing or make a single call, help me get organized.

Give me: (1) a clear definition of "done" — what does success actually look like, (2) the 5-7 major milestones in order, (3) the dependencies — what has to happen before what, (4) the three risks most likely to derail this, and (5) the first three things I should do this week to build momentum.

Keep it practical. I don't need a Gantt chart. I need a plan I'll actually follow.

The SOP Builder

When you do something repeatedly and need to document it

I need to create a Standard Operating Procedure for [task or process]. Here's how I currently do it: [describe the steps as best you can, even if messy].

Turn this into a clean, followable SOP that includes: (1) purpose — why this process exists, (2) when to use it, (3) step-by-step instructions someone with no prior context could follow, (4) common mistakes and how to avoid them, and (5) a quality check at the end so the person doing it knows they got it right.

Write it for someone who's smart but has never done this before. No jargon.

The 90-Day Roadmap

When you need a quarterly plan for a business or initiative

I need a 90-day plan for [goal or initiative]. Here's where I am now: [current state]. Here's where I want to be in 90 days: [target state]. Here's what I have to work with: [time, budget, people, tools].

Break it into three 30-day phases. For each phase, give me: (1) the single focus for that month, (2) the 3-4 specific deliverables, (3) the checkpoint — how I know I'm on track, and (4) the one risk that could stall me and how to mitigate it.

End with: the one thing I should do today to make the first phase feel real.

The Meeting Agenda Builder

When you need to run a meeting that doesn't waste everyone's time

I have a meeting with [who] about [topic] on [date]. It's [length] long. Context: [what's happened so far, what needs to be decided or discussed, what the tension is].

Build me an agenda that: (1) opens with the single most important question we need to answer, (2) allocates time realistically, (3) names who should speak to what, (4) includes the one question I should ask that will move the conversation from polite to productive, and (5) ends with clear next steps and owners.

This meeting should feel tight, useful, and worth everyone's time.

5 Selling & Client Work

The Discovery Prep

Before any sales call or discovery meeting

I have a [sales call / discovery meeting / intro] tomorrow with [name, company, role]. What I know about them: [LinkedIn, company site, prior contact notes, how the meeting got scheduled].

Act as an experienced consultative seller.

Give me: (1) a 5-sentence read on who this person likely is and what's probably on their mind, (2) the three questions I should ask early to unlock the real conversation, (3) the likely objections, (4) the story from my background most likely to land with this person, and (5) a single, sharp opening that signals I did my homework without being creepy about it.

No templates. No corporate-seller language. I'm not pitching — I'm having a conversation.

The Proposal Drafter

When you need to turn a conversation into something they can say yes to

I just had a discovery call with [client]. Here's what we discussed: [paste notes, transcript, or summary — the problem, what they need, what I proposed, their budget signals, their timeline].

Draft a proposal that includes: (1) a summary of their situation that proves I listened, (2) what I'm recommending and why — in plain language, (3) the scope — what's included and what's not, (4) timeline and milestones, (5) investment and payment terms, and (6) a clear next step to move forward.

Tone: confident but not pushy. This should read like a trusted advisor laying out a plan, not a vendor sending a quote.

The Objection Playbook

When you keep hearing the same pushback

I keep hearing these objections from potential clients: [list them — "it's too expensive," "I'm not sure AI is right for my business," "I need to think about it," etc.].

For each objection, give me: (1) what the person is actually saying underneath the words, (2) a response that acknowledges their concern without being defensive, (3) a one-sentence reframe that shifts the conversation, and (4) a question I can ask next that moves us forward.

Don't give me scripts. Give me frameworks I can adapt in real time. I need to sound like me, not a sales manual.

The Client Check-In

When you need a status update that builds trust

I need to send a status update to [client] about [project or engagement]. Here's where things stand: [what's done, what's in progress, what's blocked, what's next].

Write an update that: (1) leads with progress, not problems, (2) is honest about what's behind or blocked without creating panic, (3) makes the next steps crystal clear, and (4) ends with something that reinforces why they hired me.

Tone: warm, clear, confident. Under 200 words. This person is busy — respect their time.

The Lost Deal Autopsy

When a deal fell through and you want to learn from it

I lost a deal. Here's what happened: [the prospect, the opportunity, how far we got, what they said when they passed, what I think went wrong].

Act as a brutally honest sales coach. Tell me: (1) where I likely lost them — be specific, (2) the signal I probably missed early, (3) what I could have done differently at the moment it slipped, (4) whether this was a deal I could have won or one I was never going to close, and (5) the one thing I should change in my process to avoid this pattern.

Don't comfort me. Teach me.

The Hard Conversation Prep

Before any performance or conflict conversation

I need to have a hard conversation with [person, role]. Situation: [what's happening, how long it's been going on, what you've tried, what you actually care about, what outcome you want].

Act as an experienced coach. Help me prepare, not perform.

Give me: (1) three possible openings, from most direct to most exploratory, (2) the four real questions I should ask (not rhetorical), (3) the things I should NOT say, (4) how to close with clarity and dignity for both of us, and (5) the thing I'm probably not admitting to myself about my own role in this.

Keep it human. I'm not reading from a script.

The Job Description Builder

When hiring and need to attract the right person

I'm hiring for [role]. Here's what I actually need this person to do: [describe the real work]. Here's what my business looks like: [size, stage, industry, culture, how they'll work with you]. Budget: [range].

Write a job description that: (1) opens with what makes this role interesting — not a company boilerplate, (2) describes the actual day-to-day honestly, (3) names the 4-5 things that truly matter versus the nice-to-haves, (4) signals the kind of person who'll thrive here (and the kind who won't), and (5) closes with a clear, low-friction way to apply.

Don't write corporate HR copy. Write something a great candidate would actually finish reading.

The Delegation Brief

When you need to hand off work clearly

I need to delegate [task or project] to [person, their role, their experience level]. Here's what I need done: [describe it]. Here's the context they'll need: [background, why this matters, how it connects to other work].

Write a delegation brief that includes: (1) what "done" looks like — specific and measurable, (2) the key decisions they can make on their own versus the ones they should bring back to me, (3) the deadline and any interim checkpoints, (4) the resources or context they'll need, and (5) the mistake most people make on this type of task and how to avoid it.

Tone: clear, trusting, direct. This person is capable — I'm setting them up to succeed, not micromanaging.

The Team Update

When you need to communicate a change or decision to your team

I need to communicate [a change, a decision, a new direction, a difficult update] to my team. Context: [what happened, why, what it means for them, what I need from them going forward].

Write a message that: (1) leads with the what — no long preamble, (2) explains the why honestly, even if the reason is uncomfortable, (3) acknowledges what they're probably feeling or thinking, (4) makes clear what changes for them and what doesn't, and (5) ends with what happens next and how they can ask questions.

No corporate spin. No "exciting new direction" if it's not exciting. People can smell spin. Be straight with them.

The Interview Question Designer

When you need to actually learn something useful in an interview

I'm interviewing candidates for [role]. The things that actually matter for success in this role are: [list them — the real ones]. The mistakes I've made in past hires: [if any].

Design 7 interview questions that: (1) reveal how the person actually thinks, not just what they've memorized, (2) test for the specific qualities I listed, (3) include at least one question that makes strong candidates light up and weak candidates struggle, (4) avoid anything they can easily fake or rehearse, and (5) include what a great answer sounds like versus a red flag answer.

I don't need "where do you see yourself in five years." I need questions that help me make a decision I won't regret.

7 Building Your Business

The Offer Pressure Test

When designing a new service, product, or pricing model

Act as a skeptical small business customer evaluating a new service. Here's what I'm considering offering:

Offer: [what's included, what problem it solves]

Price: [what you're considering charging]

Target customer: [who you think will buy]

How they'll find it: [marketing plan]

Now put yourself in that customer's shoes:

(1) What's your gut reaction to the price?

(2) What does this sound like it actually solves, versus what I'm saying it solves?

(3) What's unclear or confusing?

(4) What's the objection I'll hear most often?

(5) What would need to be true for you to say yes without hesitation?

Don't be a cheerleader. Be the skeptical version of the customer I most need to convince.

The Positioning Statement

When you need to articulate what you do in a way that lands

I need help articulating what my business does. Here's the raw version: [describe your business, who you serve, what problem you solve, what makes you different].

Give me five versions of a positioning statement:

- (1) The elevator pitch — under 15 seconds spoken
- (2) The website hero line — one sentence that makes a stranger stop scrolling
- (3) The networking event version — casual, human, no jargon
- (4) The referral version — what I'd want a happy client to say about me to a friend
- (5) The LinkedIn headline — under 120 characters

None of these should sound like a mission statement. They should sound like something a real person would actually say out loud.

The Pricing Gut Check

When you're not sure if you're charging enough

Here's what I charge: [your current pricing].

Here's what I deliver: [describe the scope and outcomes].

Here's who I sell to: [your target client and their likely budget].

Here's what I think my competitors charge: [if you know].

Act as a pricing strategist. Tell me: (1) whether I'm underpriced, overpriced, or in the zone — and why, (2) what signal my current price sends to buyers, (3) the pricing model I should consider if I'm not already using it, (4) how I could restructure my offer to justify a higher price without doing more work, and (5) the one pricing mistake you think I'm making.

The Content Angle Finder

When you need ideas for what to post or publish this week

Here's what I do: [your business, your audience, your expertise].

Here's what's been on my mind lately: [recent experiences, conversations, observations, wins, frustrations].

Here's what's worked before: [paste 2-3 of your best-performing posts or topics, if you have them].

Give me 10 content ideas — not generic topics, but specific angles with a hook. For each one, give me: (1) the hook — the first sentence that stops the scroll, (2) the core point in one line, and (3) the format that fits best (short post, carousel, long-form, video script, etc.).

Constraints: no "5 tips for..." listicles. No motivational fluff. Every idea should make my target audience think "this person gets it."

The Client Avatar

When you need to get clear on who you're actually serving

I think my ideal client is [describe them as best you can — industry, role, size, situation, what they're struggling with].

Challenge my thinking. Ask me 10 questions about this person that I probably haven't considered — questions about their daily reality, their fears, their buying behavior, who influences their decisions, what they've already tried, and why they haven't solved this problem yet.

After I answer, build me a detailed client avatar that includes: (1) who they are, (2) what keeps them up at night, (3) what they've tried and why it didn't work, (4) what would make them say "this is exactly what I need," and (5) where I'm most likely to find them.

The Deal Gut Check

When evaluating an acquisition target

Act as a cautious business buyer who's seen a lot of acquisitions go sideways.

Industry: [x]

Size: [revenue, SDE, headcount]

Asking price: [x]

Financing structure I'm considering: [x]

Why I'm interested: [what's drawing you in]

Seller situation: [motivation, timing, what you've picked up]

Key CIM highlights: [paste]

Give me: (1) the three things that look attractive, (2) the three things that should worry me and why, (3) the one diligence question I probably haven't asked, (4) a likely-scenario pro forma of what year one actually looks like (not the seller's version), and (5) a recommendation: advance, negotiate, or walk.

Don't be a yes-man. I'd rather kill a bad deal now than close one I'll regret.

The Buy Box Refiner

When your acquisition criteria feels too broad

Here's my current buy box: [paste your criteria — industry, geography, revenue range, deal size, structure preferences, lifestyle preferences, dealbreakers].

Here's my background: [relevant experience, skills, interests, what kind of work energizes you].

Here's my life situation: [family, time constraints, risk tolerance, capital available].

Be honest with me: (1) is this buy box realistic given my background and resources, (2) which criteria are actually personal to me versus borrowed from a podcast or a book, (3) what's missing that should be here, (4) what should I cut because it's making my search too wide, and (5) based on everything you know about me — what kind of business should I actually be looking for?

Don't be polite. Help me find my business, not a generic "good deal."

The Broker Email

When you need a credible, sharp note to a business broker

I need to reach out to a business broker about [a specific listing / a general introduction / a follow-up on a deal]. Context: [what you know, what you want, your buying credentials — cash on hand, SBA pre-qualification, relevant experience, etc.].

Write an email that: (1) establishes me as a serious, qualified buyer in the first two sentences, (2) asks smart questions that show I've done my homework, (3) makes a specific, clear ask, and (4) is under 150 words.

Brokers get 50 emails a day from tire-kickers. This one should make them want to respond to me first.

The CIM Analyzer

When you get a Confidential Information Memorandum and need to dissect it

I just received a CIM for a business I'm evaluating. I'm going to paste the key sections below. [Paste financials, business description, market overview, growth opportunities, and any seller notes.]

Act as an experienced acquisition advisor. Give me: (1) what looks attractive and why, (2) the red flags — things that don't add up, are missing, or feel inflated, (3) the three questions I should ask the broker or seller based on what's in here, (4) a rough sanity check on the valuation — does the asking price make sense given the numbers, and (5) what this CIM is trying to get me excited about versus what I should actually focus on.

Assume the CIM was written to sell me. Help me read it like a buyer, not a believer.

The Seller Conversation Prep

When you're about to talk to a business owner about buying their company

I'm meeting with the owner of [business type] to discuss a potential acquisition. Here's what I know: [how you found them, what the broker said, the financials, the asking price, why the owner is selling].

Act as an experienced deal-maker. Help me prepare.

Give me: (1) the three things I need to learn in this conversation that aren't in the CIM, (2) how to open the conversation in a way that builds trust — not suspicion, (3) the questions that will reveal the seller's real motivation, (4) the things I should not say or ask in a first meeting, and (5) how to close the conversation in a way that keeps the deal moving without showing too much eagerness.

I'm not trying to win a negotiation right now. I'm trying to build enough trust that the seller wants to sell to me specifically.

9 Real Estate / Property

The Property Decision Framework

When evaluating a purchase, refinance, renovation, or tenant decision

Act as an experienced residential real estate investor. Here's the decision: [describe it].

What I know: [financials, location data, condition notes, tenant history, whatever's relevant].

Give me: (1) your read on the decision in one paragraph, (2) the three numbers I should be most focused on and what they mean, (3) the common mistake other investors make in this exact situation, (4) the question a seasoned investor would ask that I probably haven't, and (5) a recommendation with your reasoning.

No generic investing advice. Be specific to this situation. Assume I can handle a contrarian opinion.

The Tenant Communication

When you need a firm but fair message to a tenant

I need to communicate with a tenant about [situation — late rent, lease violation, maintenance issue, renewal, move-out, rent increase, etc.]. Context: [the facts, the history, what you want to happen, any relevant lease terms].

Write a message that's: (1) clear about the facts and what's expected, (2) firm without being aggressive — I'm a landlord, not a debt collector, (3) legally sound in tone (not legal advice, but doesn't create liability), and (4) leaves the relationship intact if possible.

Give me two versions: one for email/letter, one for text. Keep the text under 50 words.

The Renovation ROI Calculator

When deciding whether a renovation is worth the investment

I'm considering a renovation on [property — type, location, current condition, current rent/value]. Here's what I'm thinking about doing: [describe the renovation — scope, estimated cost, timeline].

Act as a seasoned real estate investor who's done dozens of renovations. Tell me: (1) a realistic ROI estimate — not the contractor's version, (2) what this renovation actually does to the property value versus what I think it does, (3) the part of this scope I should cut because it won't return enough, (4) the one thing I should add that I'm probably not thinking about, and (5) whether I should do this now or wait — and why.

Be honest even if the answer is "don't do it."

The Lease Review

When you need to understand or tighten up your lease terms

Here are my current lease terms: [paste relevant sections or describe the key terms].

My property: [type, location, tenant profile, any issues I've had].

Act as an experienced property manager. Tell me: (1) what's solid in my lease, (2) what's missing that's going to burn me eventually, (3) the clause most landlords forget that saves them the most headaches, (4) anything that might not hold up if tested, and (5) three specific changes I should make before the next renewal.

This isn't legal advice — I'll have an attorney review. I need a practical gut check first.

The Property Comparison

When evaluating multiple properties side by side

I'm looking at [number] properties and need help deciding where to put my money. Here are the details:

Property A: [location, price, condition, rental income or potential, key facts]

Property B: [same]

Property C: [same, if applicable]

My goals: [cash flow, appreciation, lifestyle, portfolio diversification, etc.]

My constraints: [budget, financing, time, risk tolerance]

Compare these side by side. For each, give me: (1) the bull case — why this one wins, (2) the bear case — why it doesn't, and (3) the one thing I'd need to verify before pulling the trigger. Then give me your overall ranking and the reasoning.

Don't split the difference. Pick one and defend it.

The Skill Gap Finder

When you want to become the AI person in your organization

Here's my current role: [title, industry, what you actually do day-to-day]. Here's what I'm good at: [your real strengths — be honest, not modest]. Here's where AI is starting to show up in my industry: [what you've noticed or heard].

Act as a career strategist who understands both AI and corporate politics. Tell me: (1) the three AI-adjacent skills I could realistically build in the next 90 days given my starting point, (2) which of my existing strengths becomes more valuable when paired with AI — not less, (3) the one skill most people in my role are ignoring that will separate me in 12 months, (4) what I should be doing this week to start building visibility as "the AI person" without sounding like I just discovered ChatGPT, and (5) the biggest mistake people in my position make when trying to skill up.

Be specific to my situation. I don't need a generic list of "top AI skills for 2026."

The Indispensable Employee Playbook

When you want to make yourself impossible to cut

Here's my role: [title, team, company size, industry]. Here's what my company is doing with AI right now: [what you know]. Here's what I do daily that I suspect could be partially automated: [list the tasks].

Help me think like an operator, not an employee. Give me: (1) the three workflows in my current role I should automate myself before someone automates me out of them, (2) how to position that work so my manager sees it as initiative, not a threat, (3) the internal pitch — under 60 seconds — for why my team should let me lead a small AI pilot, (4) the one deliverable I could produce in the next two weeks that would make leadership notice, and (5) how to document what I'm building so it becomes part of my professional reputation.

I'm not trying to become a data scientist. I'm trying to become the person nobody wants to lose.

The Exit Strategy

When you've decided to leave but need a plan

I'm planning to leave my [job / industry / corporate career]. Here's my situation: [current role, income, savings, obligations, family context, timeline, what you want to do next, what's holding you back].

Act as someone who's actually made this transition — not a career coach with a workbook. Help me build a plan.

Give me: (1) the financial runway I actually need before I can make this move responsibly — not the aspirational number, the real one, (2) the three things I should have in place before I give notice, (3) how to leave in a way that keeps every bridge intact and my reputation spotless, (4) the transition period most people underestimate and how to survive it mentally, and (5) the first three moves I should make in my first 30 days on the other side.

Don't romanticize the leap. Help me engineer it.

The Side Build

When you want to start something while still employed

I have a full-time job as [role] and I want to start [a side business, a consulting practice, a freelance arm, a project] on the side. Here's what I'm thinking: [the idea, who it serves, why you think it has legs]. My constraints: [hours available, non-compete concerns, family obligations, capital].

Be straight with me: (1) is this idea viable as a side build, or does it require full-time attention to work, (2) the first three milestones I should hit before I invest real money or real time, (3) how to validate demand in under two weeks without building anything, (4) the ethical and legal lines I need to respect while still employed — what's fine, what's gray, what's a career-ender, and (5) a realistic 90-day timeline that respects the fact that I have a job and a life.

I don't need "follow your passion." I need a blueprint that survives Monday morning.

The Reinvention Narrative

When you need to tell the story of your pivot in a way that lands

I'm making a career change. Here's where I've been: [previous roles, industries, accomplishments]. Here's where I'm going: [new direction, what you're building, what you want to be known for]. Here's what prompted the change: [the honest version — not the LinkedIn version].

Help me craft the narrative. Give me: (1) the 30-second version for networking events — tight, confident, no apologies, (2) the LinkedIn summary version — 150 words that positions the pivot as a strategic move, not a retreat, (3) the version for close friends and family who keep asking "but why would you leave a good job," (4) the version for a potential client or employer who wants to know why they should trust someone mid-pivot, and (5) the one sentence I should stop saying about my old career that's undermining my new one.

This should sound like someone who made a clear-eyed decision, not someone who's still convincing themselves.

That's 50 starting points, not 50 finish lines. Every one of these will get better the more context you give it and the more you push Claude to sharpen its output. If you find yourself using the same prompt three or four times a week, that's a signal — you've found a workflow worth building into something more permanent. That's where Skills come in.

Here's where it gets hard:

A library of prompts is a toolkit. Knowing which tool to reach for, when, and how to chain them together into a system that runs your business — that's a different skill entirely. If you're looking at this library thinking "I can see five of these working together but I don't know how to connect them," that's exactly the kind of thing we solve in a strategy call.

[Book a Free 30-min Discovery Call →](#)

The Skill Mill

If the Prompt Library gave you the toolkit, this is where you see the workshop.

Skills are where Claude goes from "smart assistant" to "custom-built team member." In Section 3, I introduced them briefly — pre-built sets of instructions that turn Claude into a specialist for a specific task. Now let me show you what that actually looks like in practice, because the gap between "Claude can answer questions" and "Claude runs a piece of my business" is almost entirely a Skills gap.

Here's the simplest way to think about it:

A **prompt** is a one-time instruction. You type it, Claude responds, you move on.

A **Skill** is a permanent instruction set that Claude follows every time you trigger it. It knows the format. It knows the voice. It knows the quality bar. It knows where to save the output. You don't re-explain anything — you just say "run it" and the work gets done.

Think of prompts as giving someone directions to your house every time they visit. A Skill is giving them a key.

One quick note: Skills currently live in Cowork mode inside the Claude desktop app. If you're still working in claude.ai on the web, that's completely fine — everything in the Prompt Library works there. Skills are the next level when you're ready, and they're worth understanding now even if you're not building them yet. Knowing what's possible changes how you think about what's worth automating.

Below are five Skills I use to run my daily life and my businesses. I'm going to show you what each one does and what it produces — not how it's built. Partly because the build process is where my consulting work lives, but mostly because seeing the outcome is what matters right now. The "how" comes later.



1. The Daily Prep

What it does:

Every morning — whether I'm up at 5:30 or dragging myself out of bed at 8:15 because the baby had other plans — a structured plan for my day is waiting for me. This Skill pulls from my calendar, my task list, and my ongoing goals to build a full daily brief: what meetings I have, who I'm meeting with and what I should know going in, what tasks carry over from yesterday, what deadlines are approaching, and what I committed to this week for my own personal growth. It even flags the conversations I've been avoiding. Whether I'm on the go using my cell or sitting in front of my three screens at home, its always there waiting, acting as my personalized GPS for the day.

BEFORE

My mornings were reactive. I'd open my laptop, check email, get pulled into whatever felt urgent, and realize by 2pm that I hadn't touched anything important. On good days I'd plan. On most days I'd wing it.

AFTER

I wake up, open the brief, and I know exactly what the day looks like — what needs my best energy, what can wait, and what I need to prep for. No guesswork. No mental scramble. Whether I have 12 hours of work time or 3 hours between nap and bedtime, the plan scales to what I've actually got. And lets be honest...no day ever goes completely as planned. And when it doesn't, let Claude know it needs to adapt on the fly. No waiting for the 15 minutes of downtime to send that email, order that product or amend that contract hidden somewhere. Do it now, or better yet – ask Claude to.

Why it matters for you: The most successful people I know aren't smarter or harder-working. They just waste less time deciding what to do next. This Skill eliminates that gap entirely. You start every day in motion instead of figuring out which direction to face.

2. The Content Engine

What it does:

I set my content goals, my brand voice, my audience, and my posting cadence once. After that, this Skill generates ready-to-post social media content — LinkedIn posts, carousel scripts, short-form takes, engagement prompts — on a schedule. I tell it the themes I want to hit this week, and it drafts everything in my voice. All I do is review, tweak, and post.

BEFORE

I'd sit down to write a LinkedIn post and stare at a blank screen for 20 minutes. Then I'd write something, delete it, rewrite it, second-guess the hook, and eventually either publish something I wasn't proud of or close the tab and post nothing. I knew content mattered. I just couldn't stay consistent because the friction was too high.

AFTER

I spend 30 minutes on Monday reviewing and tweaking a week's worth of content. The rest of the week, I post without thinking about it. My engagement is up, my consistency is up, and my audience is growing — because I actually show up now.

Why it matters for you: Whether you're building a personal brand, marketing a business, or establishing yourself as the AI person in your industry, content is the proof of work. Nobody trusts the person who talks about what they *could* do. They trust the person who shows up every day demonstrating it. This Skill removes the excuse.

3. The White Glove

What it does:

When I bring on a new client, this Skill generates a complete onboarding and welcoming packet — customized to that specific client, their industry, and the engagement we've agreed to. It builds a personalized welcome message, an onboarding timeline, a "what to expect" guide, a document checklist tailored to their situation, and a follow-up sequence that keeps communication warm and proactive for the first 30 days. Nothing generic. Nothing templated. Every piece reads like I wrote it by hand for them specifically.

BEFORE

Onboarding was the thing I'd do "when I get to it." I'd send a welcome email. I'd follow up when I remembered. Sometimes I'd forget to ask for documents I needed. The client experience in the first two weeks was inconsistent — not because I didn't care, but because I was doing it from scratch every time while juggling everything else.

AFTER

A new client signs. I trigger the Skill with their name, their business, and the scope of the engagement. Five minutes later, a full white-glove onboarding packet is in my hands — warm, specific, professional. The client feels like they're my only client. The follow-up sequence runs automatically. Nothing falls through the cracks.

Why it matters for you: The first 48 hours after someone hires you is when their confidence in the decision is most fragile. A seamless, personalized onboarding experience cements the relationship. A sloppy one makes them wonder if they made a mistake. Most service businesses lose trust in the gap between "signed the contract" and "started the work." This Skill closes that gap completely.

4. The Digital Sticky Note

What it does:

I'm in a meeting, or I'm driving, or I'm putting my daughter down for a nap, and something hits me — a follow-up I need to send, an idea for a client, a task I can't forget. I fire off a quick text or voice note to Claude. That's it. The Skill takes that raw input — however messy — figures out what it is, and routes it to the right place automatically. Client-related? It goes into that client's follow-up workflow. Business idea? Filed in the ideas log. Task? Added to my daily prep for tomorrow. Personal reminder? Queued.

BEFORE

I had sticky notes everywhere. Literal ones. Digital ones in three different apps. Notes in my phone with no context. Voice memos I'd never listen to again. My brain was the routing system, which meant things got lost the moment I got busy — which was always.

AFTER

I capture the thought in 10 seconds and never think about it again. Claude knows where it goes. Tomorrow morning, when my Daily Prep generates, anything I captured yesterday is already woven into the plan. Nothing slips. My head is clear.

Why it matters for you: The real cost of a busy life isn't the work itself — it's the mental overhead of trying to hold everything. Every half-thought, every "I'll remember to do that later," every idea you had in the shower that evaporated by the time you got to your desk. This Skill turns capture into action without requiring you to be the middleman. Your brain stops being a filing cabinet and goes back to being a brain.

5. The Daily Drop

What it does:

Once a day, Claude pushes me one thing to learn. One. Not a newsletter with 47 links. Not a feed I have to scroll. One focused topic — a concept, a skill, a conversational insight, a tool, a trend — pulled from the areas I've told it I care about: AI developments, real estate strategy, insurance industry shifts, business acquisition tactics, leadership, or even something non-work related I've flagged as interesting. It arrives. I read it in 3-5 minutes. I absorb it. No obligation to act, no guilt about the other 200 things I didn't read.

BEFORE

I subscribed to a dozen newsletters. I bookmarked articles I never read. I saved podcasts I never listened to. I felt simultaneously overwhelmed by information and behind on everything I "should" know. The irony of the information age is that having access to everything makes most people learn nothing consistently.

AFTER

One thing a day. Curated to me. Delivered to me. Digestible in the time it takes to drink my coffee. Over 30 days, that's 30 real things I've absorbed — not skimmed, absorbed. Over a year, I'm a fundamentally sharper operator, thinker, and conversationalist. And it cost me five minutes a day. Eg. Did you know that the average U.S commuter will spend one full life year commuting in their cars to work? I didn't either until my Daily Drop skill.

Why it matters for you: The people who win long-term aren't the ones who cram the most information. They're the ones who learn consistently without burning out on the process. This Skill turns learning from a chore you avoid into a habit you don't even notice building. And over time, the compound effect of knowing one more thing than everyone else — every single day — is staggering.

The pattern you should be noticing:

Every Skill above does one thing: it takes a piece of work that used to require effort, discipline, or creative energy and compresses it into minutes — or removes you from the process entirely. Not by cutting corners, but by front-loading all the decisions, formats, and quality standards into the Skill itself so they don't have to be remade every time.

That's the shift. From using AI as a tool you talk to — to using AI as an operating system you run your work and your life on.

“The future is small. Never been a better time for small business owners, solopreneurs and the “multi-pronged” professional.”

— Nick Sullivan

Here's where it gets hard:

Each of the Skills above took real time to build, test, and refine. Every one required understanding the workflow deeply enough to encode every decision into the instructions: what the output should look like, what the voice should sound like, what the quality bar is, where the output should go, how to handle edge cases. Building a Skill is less like writing a prompt and more like training an employee — except the employee has perfect memory and never has an off day.

If you're looking at this list thinking "I need three of these for my life," you're probably right. And if the idea of building them yourself feels like a lot, that's because it is — until someone who's already built dozens of them helps you scope, design, and deploy the right ones for your specific workflow. That's what we do in the strategy call — and it's where the real ROI of working with Gr(ai)n starts to show.

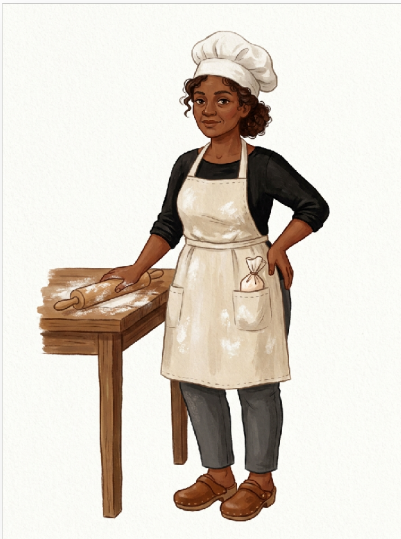
[Book a Free 30-min Discovery Call →](#)

Real Talk: Case Studies from the Field

Frameworks are useful. Prompt libraries are powerful. But nothing lands quite like seeing the work in action — the real decisions, the real bottlenecks, and the real results of putting AI to work in specific businesses with specific problems.

“Automating work may be for the machines but doing business is still for us humans.”

— Nick Sullivan



Here are three stories. One is mine. Two are from live client engagements. I'm sharing them not to show off — but to show you the *kind* of work that happens when someone stops experimenting with AI and starts building with it.

Case Study 1 — How AI Got Me From Searching to Signing

When I bought Tiger Adjusters, I knew very, very little about the industry. In fact, I'd interacted with a public adjuster for our condo a few years prior and didn't even realize it at the time. Little did I know, Claude would be the tool that brought me front and center to an opportunity to buy into the industry myself.

I had looked at dozens of industries and well over a hundred businesses. I met with investors. I screened potential partners to go in on an acquisition with me. I reached out to countless business brokers. I cold-called close to a hundred businesses (want to experience real pain? Try it yourself! LOL), all with the hope of one day finding the perfect fit.

After listening to a stack of podcasts from searchers who eventually bought a business, and joining the Acquisition Lab (THE premier business buying community), I realized I needed to tighten my "buy box" — my criteria. Doing that helped clear up some of the wandering I was doing and gave me a lantern to see my way around a bit better. Criteria in hand and droves of documents stored on my computer, I put Claude to work to help play matchmaker.

Buying a business can be a long, difficult, lonely, expensive journey. Many folks search for months and even years before they find the sweet spot: a motivated seller, a geography they can operate in (or one that's remote), and a deal that isn't too big a bite for their wallet. Months — and oftentimes millions in SBA debt — later, they finally make their dream come true.

The truth? I'm impatient. I didn't want to wait that long to find my cinderella of a business acquisition.

In stepped Claude.

I turned it loose to wear a few hats — Market Analyst, Underwriter, Researcher, Executive Assistant, Business Coach, Life Coach, and my favorite: Chief Negotiator.

Here's how we worked our way to the signing table:

1. Random Data → Organized Content. I had stuff everywhere — different naming conventions, different file formats, no real system for remembering which business came from which broker. The influx of content was constant and I couldn't keep up. Claude built me a beautifully scaffolded filing system with consistent naming, grouped by industry and size, so any business I'd ever looked at was 30 seconds away from being pulled up.

2. "I'm Open to Buying Anything" → Non-Negotiable Criteria. I gave Claude my buying criteria and asked for an honest assessment of the direction I was heading. I wasn't ready for what it gave me back. Instead of tweaking my criteria and calculating the odds of finding the needle in a growing haystack, Claude gave me a gut check — on my convictions, on my values as a new dad and husband looking for more time with my family, on my desire to do work that actually helped people, and on doing something I had real-world experience in. I went from sounding like a guy chumming it up at a networking event to sounding like...me. My criteria went from prototypical to personal — all with Claude's help.

3. Daydreaming About Deals → Drilling Deep. With the criteria set, Claude ran it against every business I'd looked at. I was anchored in seven things: (1) Charlotte-centered, (2) high-margin upside with low overhead, (3) existing barriers to entry, (4) real estate adjacent, (5) recession resistant, (6) conducive to AI use, and (7) home-based. Claude helped me realize that with clarity, anything is possible.

4. If → When. It didn't take long for Tiger Adjusters to rise to the top. I had no idea — and no intention — of buying a franchise. But I had to let my ego fall away and replace it with intention. I stopped pondering *what if*. I had the data, the conviction, and the confidence to take the leap. I cut out months of waiting, cold-calling, and broker roulette, and started charting a path that feels like exactly where I'm supposed to be.

The transferable insight:

I didn't replace my judgment with AI. I replaced the analysis paralysis around the decision — and the waiting game that comes with it. Every hour I used to spend searching, calling, analyzing the market, running the numbers — gone. I let go of the ego and the need to get it all *proper* and *perfect*, and replaced them with the need and opportunity to simply get it right.

That's the formula for almost every budding entrepreneur or careerist waiting for the right time to leap: **accelerate the decision, skip the wait.** If you can fast-track the inputs and the analysis, you'll find yourself one step closer to the gut feeling of getting it right.

Here's where it gets hard:

The real power move isn't running AI against your criteria. It's having the right criteria in the first place. Most searchers — and most careerists staring down a pivot — are working from a buy-box or a career lens that sounds reasonable but isn't actually theirs. It was borrowed from a podcast, a book, a buddy, or a LinkedIn influencer. AI will happily run bad criteria for you forever and spit out beautifully formatted answers to the wrong question. What it can't do — not on its own — is force you to look up from the search and rebuild the lens from scratch. That's the part I do with clients. If you're in an acquisition search, a career pivot, or the runway to your own leap, that's exactly what the 30-minute strategy call is built for.

[Book a Free 30-min Discovery Call →](#)

My story is about buying a business — but the pattern underneath it is universal. The next two case studies are from live client engagements. Different industries, different problems, same principle: AI doesn't replace you. It replaces the bottleneck that's keeping you from being the best version of you in your business.

Case Study 2 — A Healthcare Consultancy Founder Solving Tech Overload to Boost Client Acquisition

She runs a healthcare advisory firm helping hospital systems navigate and execute on enterprise strategy. She came up through hospital administration as an executive herself — she knows the C-suite world from the inside — and now she's selling strategic and operational consulting back into the arena that is constantly looking for ways to innovate on margin growth while keeping the mission of patient care a top priority. Her work is serious. Her clients are senior. Her pipeline is a few workflows away from harmonious, next level growth.

But when we first chatted, she was doing what 90% of service founders do without realizing how much it's costing them.

Her built-for-the-grind hustle had become the bottleneck.

She takes handwritten notes during every meeting — 30+ a week. Those notes get typed into a note-taking app later. Key contacts and details get manually coded into her CRM when she gets around to it. Follow-ups get scheduled as she remembers them. And she's sprinting between back-to-back calls all day, which means there's little to no buffer to efficiently execute and crank the client hopper.

The result? Leaving lots of room for warm leads going cold. Brilliant conversations with C-suite executives turning into a mental post-it that says "I need to follow up with her". A fully stocked tech stack — email, CRM, sales automation, transcription tools, LinkedIn Sales Navigator — paid for but barely connected.

What we're building together:

Meeting prep briefs that hit her inbox before every call — pulling from her calendar, the contact's LinkedIn, past email threads, and any relevant notes from prior meetings. She walks into every call already sharp.

A transcription-to-CRM pipeline that auto-captures every meeting transcript, extracts the key points, contacts, and commitments, and files them into her CRM with no manual coding.

A contact coding system that triggers the right follow-up sequence automatically — separate flows for hot prospects, partner referrals, re-engagement, nurture sequences, and so on.

A cold outreach engine for her expansion into new verticals she's been sitting on for a year because she didn't have the bandwidth to build it.

Where she is now:

We're in the build phase. The meeting prep briefs are live — she told me last week they're "eerily useful." The transcription-to-CRM flow is being wired up now. The cold outreach sequences are in design.

What she's expected to gain: several hours a week back, a follow-up rate that doesn't depend on her memory, and — the big one — the ability to grow the firm without scaling herself into the ground. She finally gets to step out of the machine and work *on* the business instead of being the gears inside of it.

The transferable insight:

The biggest bottleneck in most consulting firms isn't lead generation. It's *follow-through*. Leads get captured and quietly die in the gap between "great conversation" and "actually doing something about it." AI doesn't replace the relationship-building — that's still her. It replaces the administrative scaffolding that was eating her ability to relationship-build at scale.

Here's where it gets hard:

Every service business has a version of this problem. The specifics are different — yours might be proposals, or customer support, or invoicing, or project handoffs — but the pattern is identical: *the founder is the glue, and the glue is melting*. Finding the right automation isn't hard. Finding the right *order*

of automations, and knowing which ones to build versus which ones to skip, is where the work is. That's the call.

[Book a Free 30-min Discovery Call →](#)

Case Study 3 — A Senior Homecare Owner Whose Growth Was Creating Its Own Problem

She runs an in-home senior care agency in central North Carolina. Personal care, companion care, medication management, transportation — the kind of work that keeps seniors in their homes longer and gives families back their peace of mind. Her first client has been with her for *eight years*. That tells you most of what you need to know about her.

Her business doubled after a major partnership with a local assisted living community that feeds her referrals. Growth is a gift. It's also, if you're not set up for it, the thing that breaks you.

When I met her, her biggest bottleneck wasn't caregiving. It was responsiveness. **Every missed call-back on a new client inquiry is a lost family** — families in crisis don't wait, they go to whoever picks up first. And her part-time ops manager was only on the clock a few hours a day, which meant the hottest lead hours were a structural hole. She remotely runs the operations side of the business, and it was stretched thin.

She also had 11 different tools in her stack — payroll, email marketing, scheduling software, call answering services, Google Workspace, and more — with almost nothing talking to each other. When we assessed her AI readiness on intake, she scored a 2 out of 10. She was paying for the stack of a much bigger company and getting a fraction of the value.

What we're building together:

- 1. An AI-powered intake system** that catches missed calls, captures the family's details and needs, and gets a same-day confirmation back to the family — even when the ops manager is off the clock. No family waits again.
- 2. An email co-pilot for her ops manager** — Claude-powered drafts, intelligent classification, and automatic reminders — so a few hours a day does the work of a full shift.
- 3. The connective tissue around a new operations platform rollout.** She's transitioning to a new scheduling and ops hub. We're making sure Claude is the glue around it — feeding it cleanly, pulling from it usefully, and keeping her from being the only person in the business who knows where anything lives.

Where she is now:

Early build phase. We're mapping her intake flow and scoping the AI call coverage system this week. The email co-pilot goes live in the next two weeks. The platform integration work runs in parallel with her rollout timeline.

What she's expected to gain: a dramatically higher close rate on new inquiries, her ops manager operating as a 1.5x version of herself, and an operations backbone that can scale without having to hire a full-time office manager before the revenue justifies one.

The transferable insight:

Growth is a stress test. Most small businesses that double their revenue break their operations doing it — and the fix isn't "hire more people," it's "build better systems." AI is the cheapest, fastest lever a small business owner has for building those systems. You don't need an ops director. You need an AI layer underneath the people you already have.

Here's where it gets hard:

The scariest part of any growth phase isn't the growth itself — it's the fear that you'll hire too early, overbuild, and burn cash you need for the next 12 months. Knowing what to automate, what to outsource, and what to leave alone is a judgment call that's almost impossible to make alone. That's what a strategy call is for. This is a system that is sure to boost the often razor thin margins — something that so many homecare agencies fail at.

[Book a Free 30-min Discovery Call →](#)

The 7-Day Quickstart

You've got the framework. You've got the prompts. You've seen what Skills can do. Now let's put it all into practice.

“Don't fear, act.”

— Nick Sullivan

This is a seven-day challenge. One workflow per day. Each one takes 15-20 minutes and builds on the one before it. By the end of the week, you won't just understand Claude — you'll have a working relationship with it. And you'll have seven real outputs you can actually use.

Two rules before we start:

Rule 1: Don't skip days. The sequence is designed to build your confidence in a specific order — from simple to layered. Day 5 will feel natural if you did Days 1-4. It'll feel overwhelming if you jumped ahead.

Rule 2: Don't stop at the first response. Every single day, I want you to push back on what Claude gives you at least once. Ask it to sharpen something. Tell it what's off. Ask it to try again with more edge, less fluff, or a different angle. This is the habit that separates people who "tried AI" from people who *use* AI.



1

Ask Claude a real question

Not a test. Not "write me a poem" or "what's the capital of France." A real question you've been carrying around — something you'd normally Google, call a friend about, or just keep wondering.

Try: *"I'm thinking about [X] and I can't figure out [Y]. Here's what I know so far: [Z]. What am I missing?"*

What to notice: How much better the answer gets when you give Claude context versus when you ask a bare question. That gap is the whole game. You just experienced the difference between a vague prompt and a good one.

2

Write something in your voice

Pick something you actually need to write this week — an email, a message, a post, a proposal intro. Use **The Voice-Matcher** prompt from the library (Category 2, Prompt 1). Paste three examples of your own writing and ask Claude to draft the new piece in your voice.

What to notice: Where Claude nails your voice and where it drifts. The places it drifts are the places your constraints weren't specific enough. Edit the prompt, add a constraint, and try again. You're learning to steer.

3

Prep for something coming up

You have a meeting, a call, a conversation, or a decision coming up this week. Use one of these:

Meeting or sales call → **The Discovery Prep** (Category 5, Prompt 1)

Hard conversation → **The Hard Conversation Prep** (Category 6, Prompt 1)

Decision → **The Stress Test** (Category 1, Prompt 1)

What to notice: The feeling of walking into something prepared versus winging it. That feeling is what consistent AI use produces. Not perfection — *preparation at a speed you didn't think was possible*.

Get smart on something fast

4

Pick a topic you need to understand but haven't had time to learn — an industry trend, a competitor, a concept someone mentioned in a meeting, a skill you've been meaning to develop. Use **The 10-Minute Expert** (Category 3, Prompt 1).

What to notice: How quickly you went from "I don't really understand this" to "I could hold a conversation about this." That compression of learning time is one of the highest-value things AI does. And unlike Googling, you got a structured, contextual answer — not a list of links to sort through.

Build your first system

5

Today you're going from single-use prompts to something reusable. Pick a task you do every week — weekly planning, client follow-ups, content brainstorming, reporting, anything repetitive. Use **The SOP Builder** (Category 4, Prompt 3) to document the process, then use Claude to build you a prompt you can reuse every time you do that task.

What to notice: The shift from "I used Claude for a task" to "I have a system Claude runs for me." That's the bridge between the Prompt Library and the Skill Mill. You're not there yet — but you can feel where this is headed.

Stress-test something you believe

6

We all carry assumptions we've never tested — about our business, our career, our pricing, our market, our next move. Today, pick one and run it through **The Contrarian Check** (Category 3, Prompt 2) or **The Blind Spot Finder** (Category 1, Prompt 4).

What to notice: Whether Claude surfaced something you genuinely hadn't considered. If it did, you just experienced AI as a *thinking partner* — not a writing tool. That reframe changes everything about how you use it going forward.

7

Plan your next week using Claude

Use **The Weekly Reset** (Category 4, Prompt 1). Dump everything — your goals, your open loops, your unfinished tasks, your upcoming commitments, the thing you've been avoiding. Let Claude organize it and push back on your priorities.

What to notice: How it feels to start a week with a plan you didn't have to build from scratch. If you do this every Sunday or Monday for the next month, you'll wonder how you ever operated without it. That's the habit. That's the on-ramp.

After the seven days:

You now know how to prompt well, you've experienced Claude as a thinking partner, and you've built your first reusable system. You're somewhere between 40% and 70% on the mastery ladder from Section 3.

The next step is either going deeper on your own — exploring Projects, building more systems, eventually getting into Skills — or bringing in someone who can help you skip the learning curve and build the operating system around your specific work.

Either way, you're no longer someone who's "thinking about AI." You're someone who uses it.

[Book a Free 30-min Discovery Call →](#)

Where DIY Ends and Partnership Begins



I want to be straight with you about something.

Everything in this blueprint — the prompts, the framework, the 7-Day Quickstart — is designed to get you real results on your own. And it will, if you use it. I'm not the kind of person who gives away a free asset that only works if you buy something.

But there's a ceiling to what a PDF can do, and I'd rather tell you where it is than let you hit it and get frustrated.

What you can do on your own:

You can prompt well. You can use Claude daily for writing, thinking, researching, planning, and communicating. You can set up Projects for your recurring work. You can build basic systems using the SOP Builder and reusable prompts. You can become meaningfully faster, sharper, and more consistent than you were before you read this.

That's not nothing. For a lot of people, that's enough to change the trajectory of their career or their business.

What's harder to do alone:

Building the *connective tissue*. The part where your intake workflow feeds your proposal system, which triggers your onboarding sequence, which populates your client dashboard, which generates your weekly report. The part where Claude isn't just answering questions — it's running multi-step processes across your business without you touching every piece.

That layer requires three things a blueprint can't give you:

First, an outside eye on your specific situation. You're too close to your own work to see the bottlenecks clearly. Every person I've partnered with has at least one workflow they think is efficient that's actually eating hours a week. You can't spot it because you've been doing it that way for years. A fresh set of eyes — especially one that's already mapped this terrain for other businesses — changes the picture fast.

Second, build experience. Knowing what to automate is one thing. Knowing the order, knowing what to leave manual, knowing where AI will produce inconsistent results and where it'll be flawless — that

comes from having done it dozens of times. I've made the mistakes already. You don't have to.

Third, a partner who's invested in your outcome — not just the deliverable. This is the part that matters most to me. Gr(ai)n isn't a service you buy. It's a partnership you enter. I don't build something for you and disappear. I build something *with* you — and I stick around to make sure it's actually working in your life, your workflow, and your business three months from now. The goal isn't to make you dependent on me. It's to make you so capable that you only call me when you're ready to build the next thing.

“Big corporations exist to grow themselves. We exist to grow the people they depend on.”

— Nick Sullivan

How to know when it's time:

If you're reading this and thinking "I get the concept, I just need to spend more time with it" — keep going on your own. You're on the right track.

If you're reading this and thinking "I can see five things I want to build but I don't know how to connect them" or "I don't have the time to figure this out through trial and error" — that's the signal. That's not a weakness. That's the same realization I had when I stopped trying to learn everything solo and started surrounding myself with the right people.

No pitch. No pressure. Thirty

Gr(ai)n

YOU'VE GOT THE TOOLS

Now let's put them *to work.*

This guide is the doorway, not the destination. The prompts will move you. The Skills will compound on you. The 7-Day Quickstart will surprise you. But the real leverage of AI shows up when someone who's done the work walks alongside you while you build the systems your business actually needs.

If anything in here landed and you want to talk it through with the person who wrote it, the door is open.

Book a Free 30-min Discovery Call →

Free. No pitch. Just a real conversation.

- One specific AI workflow tailored to where you are right now
- A direct take on whether AI fits the problem you're trying to solve
- Zero pressure to do anything afterward

More at: gowithgrain.ai

Nick Sullivan · Founder, Gr(ai)n Consulting

Time is all we have.