

YOUR FIRST AI AGENT IN 15 MINUTES

No code, no framework. Claude, one connection, one job: a morning brief from your inbox. Start stupidly small, it compounds fast.

01

GET THE BRAIN

Open Claude (claude.ai or Claude Code). That is the whole "AI stack" for today.

02

ADD ONE CONNECTION

Connect your Gmail (one click via connectors, or one line of MCP in Claude Code). Read-only is fine.

03

GIVE IT ONE JOB

Paste the prompt below. Read your brief. Tomorrow you will want agent number two, that is the point.

COPY THIS • YOUR FIRST AGENT

"Every morning, read my new emails. Tell me in 5 lines: what needs me today, what can wait, and anything that looks like an opportunity. Draft replies for the top 3. **Never send anything without my approval.**"

15 MINUTES, HONEST

Connection is 5, prompt is 1, the rest is reading your first brief.

READ-ONLY FIRST

Let it draft, not send. Trust grows in a week.

ONE JOB ONLY

A focused agent works. A do-everything agent disappoints.

WANT THE FULL SYSTEM, LIVE BUILDS AND EVERY BLUEPRINT?

COMMUNITY

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Inside: the complete versions of all seven of this week's systems, my exact configs, and me answering questions.