

# YOUR AI GLOW UP GUIDE

I SWITCHED FROM CHATGPT TO CLAUDE — AND TOOK EVERYTHING WITH ME. HERE'S HOW.

---

ChatGPT has been learning about you — your business, your goals, the way you think and speak. This one simple prompt pulls everything with you over to Claude!

## STEP ONE: EXTRACT FROM CHATGPT

1. Open ChatGPT - log in and start a new conversation.
2. Copy and paste the prompt below - send it exactly as written.

### YOUR EXPORT PROMPT

Extract and format everything you know about me into a structured system prompt I can use with other AI models.

Include:

Work Context — my role, projects, team, responsibilities, tools I use

Personal Context — interests, background, relationships, location, lifestyle

Communication Preferences — tone, structure, language level, what to avoid

Thinking Style — how I approach problems, frameworks I like, decision-making patterns

Top Priorities — what I'm focused on right now

Domain Knowledge — areas where I'm expert vs beginner

Interaction History — recurring themes, common requests, patterns in our conversations

Output Preferences — formatting, length, examples, level of detail

Values & Principles — what matters to me in work and life

Constraints & Boundaries — things I don't want, topics to avoid, limitations

Format the output as

System Prompt: How to interact with [my name]

Core Identity — who I am, what I do, key context

Communication Style — how to talk to me

Work & Projects — current focus, responsibilities, tools

Preferences — structure, tone, language, format

Knowledge Level — what I know deeply vs what I need explaining

Common Requests — what I typically ask for help with

Values & Priorities — what drives my decisions

Avoid — what NOT to do

Be comprehensive. Include specific examples, names, frameworks, and patterns. The goal is to make any AI model feel like it already knows me.

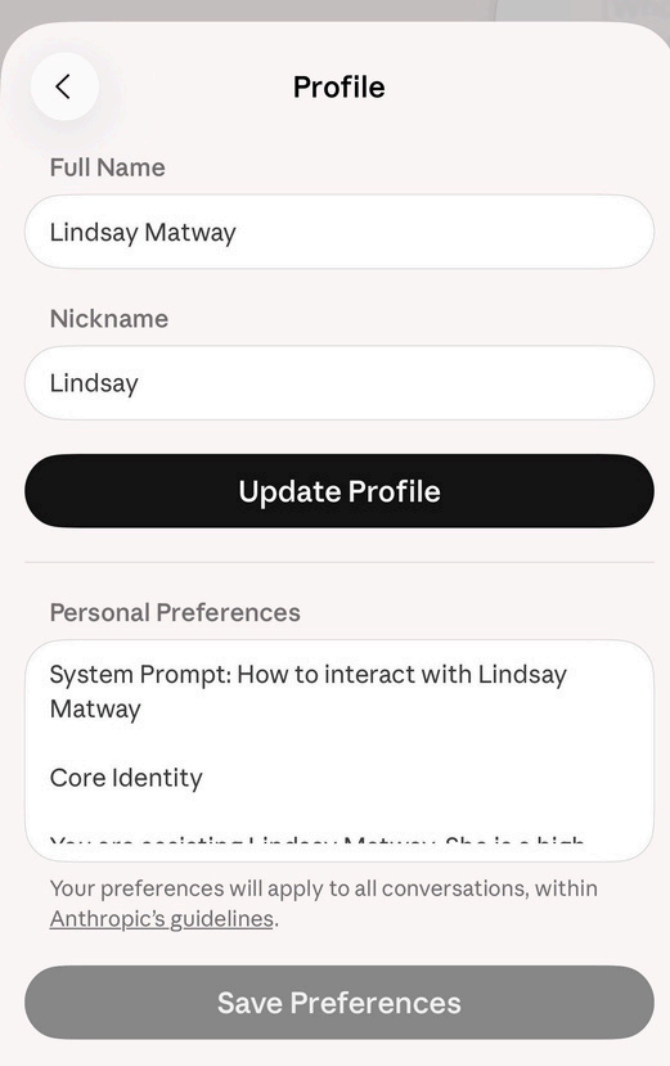
# YOUR AI GLOW UP GUIDE

I SWITCHED FROM CHATGPT TO CLAUDE — AND TOOK EVERYTHING WITH ME. HERE'S HOW.

---

## STEP TWO: MOVE CONTENT TO CLAUDE

1. Download and sign up for Claude
2. Copy the response from ChatGPT with your preferences.
3. Go to settings > profile > profile preferences and paste your ChatGPT response > Save.



The screenshot shows the 'Profile' settings page in the Claude app. At the top, there is a back arrow and the title 'Profile'. Below this are two text input fields: 'Full Name' with the value 'Lindsay Matway' and 'Nickname' with the value 'Lindsay'. A large black button labeled 'Update Profile' is positioned below these fields. A horizontal line separates this section from the 'Personal Preferences' section. Under 'Personal Preferences', there is a text area for the 'System Prompt' containing the text 'How to interact with Lindsay Matway'. Below the system prompt is a section for 'Core Identity' with a partially visible text area. At the bottom of the preferences section, there is a note: 'Your preferences will apply to all conversations, within [Anthropic's guidelines](#).' A large grey button labeled 'Save Preferences' is at the very bottom of the screen.

Welcome to working smarter. If this helped you, share it with someone who's been putting off making the switch. And if you want more tips like this, come find me at @lindsaymatway