

Building Smarter Workflows with AI

Chat Shares

<https://www.pnas.org/doi/10.1073/pnas.070039597>

<https://arxiv.org/pdf/2506.08872v1#page=141.78>

What personal preferences should Claude consider in responses?

What traits should ChatGPT have?

☰ Super Intelligence System Prompt

<https://docs.google.com/document/d/1190KoW5ZSKXybuqrce0zOp8FrStj7VvI3h74qpUkYw/edit?tab=t.0>

<https://developmentalmastery.com/>

https://www.icloud.com/keynote/006hrbEvUH3eAQI2sE6P2R9MA#Superintelligence_System_Prompt

<https://blockbuster.thoughtleader.school/p/infinite-prompting-get-ai-to-think>

<https://chatgpt.com/share/6892524d-6ce0-8012-af86-26e2cc918433>

<https://support.anthropic.com/en/articles/9487310-what-are-artifacts-and-how-do-i-use-them>

Quick recap



Michael Simmons shared insights on AI's impact on brain plasticity and cognitive development, emphasizing the importance of using AI as a learning tool rather than relying on it for immediate answers. He introduced a system prompt approach for customizing AI interactions and demonstrated various AI tools like ChatGPT and Claude, showcasing how to set up and improve prompts for enhanced learning and personal growth. The conversation ended with discussions on advanced AI workflows, including tools for creating specialized agents and automating complex tasks, along with an overview of additional resources for participants.

Summary

AI's Impact on Brain Development

Michael Simmons, a lifelong entrepreneur and author, shared insights on the impact of AI on brain plasticity and cognitive development. He highlighted a recent MIT study showing how AI can fundamentally rewire students' brains, potentially leading to memory loss and regression in problem-solving skills when used without prior individual effort. Simmons emphasized the importance of using AI as a tool to enhance learning and creativity rather than relying on it for immediate answers, advocating for a "brain first, then AI" approach to foster deeper understanding and skill development.

Customizing AI Interactions With Prompts

Michael Simmons introduced a system prompt approach to customize AI interactions, explaining its benefits over traditional project-based prompts. He demonstrated how to set up system prompts in ChatGPT and Claude, emphasizing the importance of defining clear goals, such as personal growth and understanding AI's assumptions. Simmons shared a customizable prompt template that includes sections for goals, answers, and reflection, encouraging participants to explore and modify it for their needs. He also highlighted the value of using AI as a tool for feedback and self-improvement, drawing parallels to real-life scenarios where reflection and understanding enhance learning and communication.

AI Prompt System Demo

Michael Simmons demonstrated a comprehensive AI prompt system for generating multiple perspectives on a topic, using Claude's artifact feature to divide responses into separate documents. He showed how the system could be used to explore different angles on AI's impact on human cognition, with each artifact providing a unique



perspective that could be copied or saved as PDF. Anna raised questions about whether to use this as a project or system prompt, noting that projects have size limitations, while Wilda inquired about the bibliography functionality, to which Michael explained that while artifacts don't include sources, the system could be modified to provide research suggestions.

AI in Writing and Research

Michael Simmons discussed the benefits and challenges of using AI in writing and research, emphasizing the importance of critical review and verification of AI-generated content. He highlighted the potential of AI to enhance learning opportunities and suggested using tools like Claude or ChatGPT to customize AI responses. The group also addressed technical issues related to accessing AI settings and multi-screen viewing, with some participants seeking assistance on how to set up their systems effectively.

Customizing ChatGPT Prompts for Growth

Michael Simmons demonstrated how to customize and improve prompts in Claude and ChatGPT, explaining the use of artifacts and multiple sections to enhance learning and personal growth. He showed participants how to save and edit prompts, emphasizing the importance of using specific examples and metaphors to address knowledge gaps. Michael also clarified how to update traits in ChatGPT and explained the different models available in both platforms. Participants were encouraged to experiment with the prompts and provide feedback on their effectiveness.

Enhancing AI Usage Strategies

Michael Simmons discussed the use of AI models for different tasks and introduced the concept of "system prompts" to enhance the impact of AI interactions. He explained a three-level model for improvement, emphasizing the importance of meta-thinking and using AI to improve both specific tasks and overall abilities. Michael also shared his experience with using AI for writing and coaching, and highlighted the lack of resources on meta-level AI usage. Stuart inquired about further learning resources, and Michael mentioned a video by Eben that he found valuable, though he couldn't share it due to technical issues.

AI Personalities and Interaction Development

Michael Simmons discussed the importance of internalizing tools like the abacus and subway maps, highlighting how repeated use leads to mental proficiency. Stuart and



Michael explored the potential of AI tools like ChatGPT and Claude, including creating multiple personalities and sub-agents to enhance functionality. Michael and Stuart discussed the possibility of developing a personality system within AI to tailor responses to specific contexts, with Michael sharing an example of a conversation between two AI personalities with different contexts. Ali added that the development of AI personalities could lead to more sophisticated interactions, especially when combined with robots.

Custom ChatGPT Models Collaboration

Ali demonstrated a unique approach to using ChatGPT by creating multiple custom models with different personalities, each with its own specialized knowledge and perspective. He explained how he uses these models in a collaborative manner, allowing them to communicate and build upon each other's insights. This method enables Ali to overcome token limitations and achieve deeper, more nuanced discussions. He also shared how he fine-tunes these models over time to improve their effectiveness.

AI Workflow Automation Tools Overview

Michael Simmons shared insights on advanced AI workflows, showcasing tools like Claude Code and Make.com for creating specialized agents and automating complex tasks. He demonstrated how these tools can transform workflows from manual prompt-based interactions to more autonomous, collaborative systems. Ali inquired about alternatives to Claude, and Michael suggested Make.com as a user-friendly option with similar capabilities. Pamela requested a copy of the slide deck, and Kim and Stuart helped locate and share the necessary links. The conversation ended with a brief overview of additional workflow tools and a reminder to find the shared resources in the chat replay.

