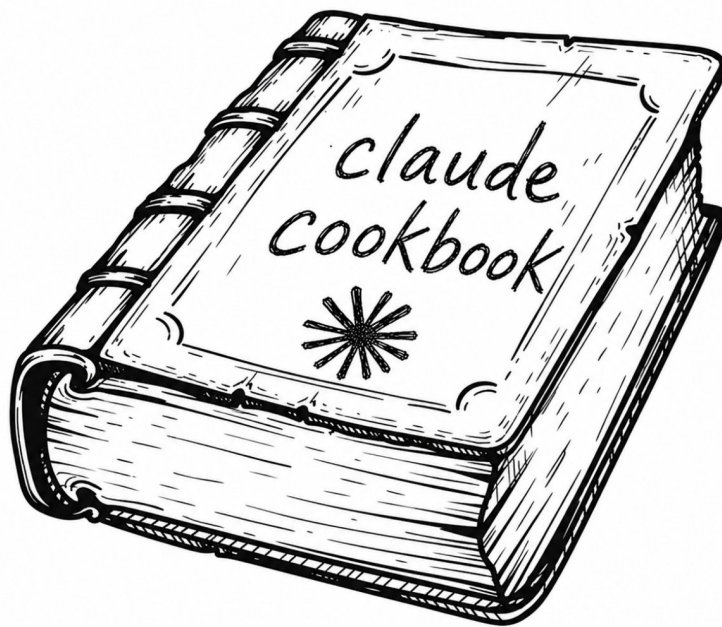


THE COMPLETE CLAUDE Cookbook



*100 Tricks &
Triggers That
Make Claude Cook*

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CHAPTER I

Mise en Place

Set Claude up once. Change everything forever.



#1

/brief

— RECIPE NO. 1



WHAT IT DOES

Strips every response down to its bare essentials — no filler, no fluff, no padding.

WHEN TO USE IT

You need a quick answer between meetings.

When your boss asks for an update and you need Claude to cut straight to the point.

THE PROMPT

/brief [paste your topic or question here]

#2

/ghost

– RECIPE NO. 2



WHAT IT DOES

Rewrites any output so it sounds like a real human wrote it, eliminating all robotic AI phrases and patterns.

WHEN TO USE IT

Before sending a cold email.

Any time Claude-written copy needs to pass as yours.

THE PROMPT

/ghost [paste the text you want humanized]

#3

/eli5

– RECIPE NO. 3



WHAT IT DOES

Explains any concept as if you're five years old – no jargon, no assumptions, pure clarity.

WHEN TO USE IT

Trying to understand a complex contract clause.

Breaking down technical documentation you've never seen before.

THE PROMPT

/eli5 [paste the concept or text you want explained]

#4

/simplify

— RECIPE NO. 4



WHAT IT DOES

Takes anything complicated and rebuilds it for a beginner — assumes zero prior knowledge.

WHEN TO USE IT

Explaining your product to someone new to the industry.

Understanding a topic you're learning from scratch.

THE PROMPT

/simplify [paste the complex topic or text]

#5

/summary

— RECIPE NO. 5



WHAT IT DOES

Condenses any document, topic, or conversation into its most essential points.

WHEN TO USE IT

You've been handed a 40-page report and need the key points in 2 minutes.

Catching up on a long email thread.

THE PROMPT

/summary [paste the text or topic you want summarized]

#6

/examples

– RECIPE NO. 6



WHAT IT DOES

Forces Claude to show, not tell – gives you real-world concrete examples instead of abstract explanations.

WHEN TO USE IT

You understand the theory but need to see it in practice.

Explaining an abstract concept to a client or team member.

THE PROMPT

/examples [paste the concept or idea you want illustrated]

#7

/notes

– RECIPE NO. 7



WHAT IT DOES

Turns any raw information into clean, structured notes with hierarchy and clarity.

WHEN TO USE IT

After a long meeting or lecture you need to reference later.

Organizing scattered research into something usable.

THE PROMPT

/notes [paste the raw information or topic]

#8

/learn

– RECIPE NO. 8



WHAT IT DOES

Gives you a complete, structured explanation of any topic from the ground up.

WHEN TO USE IT

Picking up a new skill you know nothing about.

Getting oriented in a new industry or subject area fast.

THE PROMPT

/learn [topic you want to understand]

#9

/plan

— RECIPE NO. 9



WHAT IT DOES

Builds you a structured, prioritized daily action plan based on your goals and tasks.

WHEN TO USE IT

Monday morning and you have 20 things on your plate.

Any day when you feel scattered and need a clear sequence.

THE PROMPT

/plan [paste your tasks, goals, or context for the day]

#10

/weekly

— RECIPE NO. 10



WHAT IT DOES

Creates a full weekly plan organized around your priorities and available time.

WHEN TO USE IT

Sunday night prep — mapping out the week before it starts.

When a big project needs to be broken into daily milestones.

THE PROMPT

/weekly [paste your goals, projects, and constraints for the week]

#11

/review

— RECIPE NO. 11



WHAT IT DOES

Runs a structured weekly review — what worked, what didn't, what to carry forward.

WHEN TO USE IT

End of week reflection before you reset.

Before a performance conversation or planning session.

THE PROMPT

/review [paste notes from your week or just describe what happened]

#12

/focus

— RECIPE NO. 12



WHAT IT DOES

Strips your list down to what actually moves the needle and removes everything that's just noise.

WHEN TO USE IT

When you're busy but not productive.

Before a deep work session when you need to protect your time.

THE PROMPT

/focus [paste your current task list or describe your situation]

#13

/prioritize

— RECIPE NO. 13



WHAT IT DOES

Takes everything you have to do and ranks it by impact — tells you exactly what to do first.

WHEN TO USE IT

When your to-do list is a wall of equal-weight tasks.

Before a limited work window where you can only do a few things.

THE PROMPT

/prioritize [paste your full task list]

#14

/habits

— RECIPE NO. 14



WHAT IT DOES

Designs a realistic habit-building system around your specific goals and lifestyle.

WHEN TO USE IT

Starting a new routine — fitness, productivity, learning.

When you've tried to build a habit and it's never stuck.

THE PROMPT

/habits [describe the habit you want to build and your current schedule]

#15

/track

— RECIPE NO. 15



WHAT IT DOES

Builds a simple, customized tracking system for any goal or metric you want to measure.

WHEN TO USE IT

You want to stay accountable to a goal but don't know what to measure.

Building a content output tracker, revenue dashboard, or health log.

THE PROMPT

/track [describe what you want to track and why]

CHAPTER II

Appetizers

Single-line commands. Paste and go.



#16

/10x

— RECIPE NO. 16



WHAT IT DOES

Rewrites anything you give it to be 10 times more punchy, confident, and direct.

WHEN TO USE IT

A bio or about page that sounds flat.

Any piece of writing that needs to hit harder.

THE PROMPT

/10x [paste the text you want upgraded]

#17

/compare

— RECIPE NO. 17



WHAT IT DOES

Places two things side by side and gives you a structured, honest breakdown of the differences.

WHEN TO USE IT

Deciding between two tools, strategies, or offers.

Helping a client understand why your solution beats the alternative.

THE PROMPT

/compare [Thing A] vs [Thing B]

#18

/proscons

— RECIPE NO. 18



WHAT IT DOES

Generates a clean, balanced list of pros and cons for any decision or idea.

WHEN TO USE IT

Before committing to a big business or personal decision.

When you're overthinking and need the tradeoffs laid out clearly.

THE PROMPT

/proscons [describe the decision or idea]

#19

/critique

— RECIPE NO. 19



WHAT IT DOES

Finds every flaw, weakness, and gap in whatever you give it — no sugarcoating.

WHEN TO USE IT

Before publishing anything you've written.

Before pitching an idea to a room that will push back hard.

THE PROMPT

/critique [paste your content, plan, or idea]

#20

/mistakes

— RECIPE NO. 20



WHAT IT DOES

Lists the most common mistakes people make with any topic, skill, or strategy.

WHEN TO USE IT

Entering a new field and wanting to skip the beginner traps.

Before launching something you've never done before.

THE PROMPT

/mistakes [describe the topic, skill, or project]



WHAT IT DOES

Finds the best resources – books, tools, frameworks – for learning or solving any problem.

WHEN TO USE IT

Starting to learn something and not knowing where to begin.

Building a recommended reading list for your audience.

THE PROMPT

/resources [describe the topic or problem]

#22

/practice

— RECIPE NO. 22



WHAT IT DOES

Generates targeted practice questions to help you drill any skill or concept.

WHEN TO USE IT

Preparing for a certification, exam, or interview.

Strengthening understanding of anything you've just learned.

THE PROMPT

/practice [describe the skill or topic you want to drill]

#23

/quiz

— RECIPE NO. 23



WHAT IT DOES

Tests your knowledge on any topic with a set of questions and immediate feedback.

WHEN TO USE IT

After learning something new — locking it in.

Testing your team's understanding of a new process or concept.

THE PROMPT

/quiz me on [topic]

#24

/revision

— RECIPE NO. 24



WHAT IT DOES

Gives you a rapid, high-density revision of any topic — like a cheat sheet on demand.

WHEN TO USE IT

The night before a presentation, exam, or important meeting.

Refreshing knowledge you haven't used in a while.

THE PROMPT

/revision [topic you want to quickly revise]

#25

/explainwhy

— RECIPE NO. 25



WHAT IT DOES

Doesn't just tell you what — tells you the exact reasoning and logic behind it.

WHEN TO USE IT

When you need to understand something deeply, not just superficially.

When you're about to teach something and need to know the 'why' yourself.

THE PROMPT

/explainwhy [paste the concept, rule, or claim]

#26

/pitch

— RECIPE NO. 26



WHAT IT DOES

Writes a tight, compelling 30-second pitch for any product, idea, or business.

WHEN TO USE IT

Before a sales call, investor meeting, or intro conversation.

When you need to explain what you do and make it land fast.

THE PROMPT

/pitch [describe your product, service, or idea]

#27

/bio

— RECIPE NO. 27



WHAT IT DOES

Rewrites your bio so it's compelling, credible, and positioned correctly for your audience.

WHEN TO USE IT

Updating your LinkedIn, website, or speaker profile.

Before a speaking gig, podcast, or PR opportunity.

THE PROMPT

/bio [paste your current bio or describe who you are and what you do]

#28

/headline

— RECIPE NO. 28



WHAT IT DOES

Generates multiple headline options for any piece of content, product, or campaign.

WHEN TO USE IT

When your working title is boring and you know it.

A/B testing hooks for ads, posts, or email subject lines.

THE PROMPT

/headline [describe the topic, product, or content piece]

#29

/niche

— RECIPE NO. 29



WHAT IT DOES

Clarifies exactly who you serve, what you do, and why you're different from everyone else.

WHEN TO USE IT

When your positioning feels fuzzy or too broad.

Before writing any content or building any offer.

THE PROMPT

/niche [describe your current work and audience]

#30

/audience

— RECIPE NO. 30



WHAT IT DOES

Builds a detailed profile of your exact target audience — their pains, desires, and language.

WHEN TO USE IT

Before writing a single word of copy.

When your content isn't resonating and you're not sure why.

THE PROMPT

/audience [describe your product, service, or content topic]

#31

/profile

— RECIPE NO. 31



WHAT IT DOES

Reviews your LinkedIn or social profile and tells you exactly what to fix and why.

WHEN TO USE IT

When you're about to use LinkedIn to generate leads or opportunities.

Before a job search, investor outreach, or partnership conversation.

THE PROMPT

/profile [paste your current bio, headline, and about section]

#32

/contentplan

— RECIPE NO. 32



WHAT IT DOES

Builds a full content calendar with topics, formats, and posting cadence.

WHEN TO USE IT

When you know you need to post but have no idea what about.

Starting a new content channel and needing a 30-day launchpad.

THE PROMPT

/contentplan [describe your niche, audience, and platform]

#33

/positioning

— RECIPE NO. 33



WHAT IT DOES

Defines where you sit in the market and what makes you the obvious choice.

WHEN TO USE IT

When your brand feels generic or interchangeable.

Before writing your website homepage or core messaging.

THE PROMPT

/positioning [describe your business, audience, and main competitors]

#34

/engagement

— RECIPE NO. 34



WHAT IT DOES

Gives you specific, platform-matched tactics to increase engagement on your content.

WHEN TO USE IT

When your content is getting views but no reactions or comments.

Launching a new content format and wanting it to land.

THE PROMPT

/engagement [paste the content or describe your platform and situation]

#35

/growth

— RECIPE NO. 35



WHAT IT DOES

Builds a specific, strategic growth plan for your account, audience, or business.

WHEN TO USE IT

When follower or revenue growth has plateaued.

Starting from zero and needing a clear path forward.

THE PROMPT

/growth [describe your platform, current size, and goal]

CHAPTER III

The Grill

Modifier commands that make Claude go harder.



#36

/deepdive

— RECIPE NO. 36



WHAT IT DOES

Tells Claude to go fully detailed — no surface-level takes, no shortcuts, no summaries.

WHEN TO USE IT

When you need to fully understand something before making a big decision.

Research mode — you want everything, not the highlights.

THE PROMPT

/deepdive [topic or question]

#37

/analyst

— RECIPE NO. 37



WHAT IT DOES

Puts Claude in pure analysis mode — structured, evidence-based, no fluff.

WHEN TO USE IT

Breaking down a market, competitor, or business situation.

When you need a professional-grade analysis, not just an opinion.

THE PROMPT

/analyst [describe what you want analyzed]



WHAT IT DOES

Takes whatever you give it and makes it better — faster, sharper, more effective.

WHEN TO USE IT

Any process, system, or piece of writing that's working but not great.

Before finalizing anything important — always run it through the optimizer.

THE PROMPT

/optimizer [paste the content, system, or process you want improved]

#39

/contrarian

— RECIPE NO. 39



WHAT IT DOES

Challenges your idea by arguing the strongest case against it.

WHEN TO USE IT

When you've been in your own head too long about something.

Before committing to a strategy — make sure it survives the counter.

THE PROMPT

/contrarian [paste your idea, plan, or belief]

#40

/scout

— RECIPE NO. 40



WHAT IT DOES

Finds every risk, blind spot, and hidden danger in your plan before it bites you.

WHEN TO USE IT

Before launching anything — product, campaign, partnership.

When your plan feels solid but your gut says something's off.

THE PROMPT

/scout [paste your plan or idea]

#41

/devil

— RECIPE NO. 41



WHAT IT DOES

Steelmans the opposing argument — argues the other side as powerfully as possible.

WHEN TO USE IT

When you're in a debate or negotiation and need to know what you're up against.

Before writing a persuasive piece — understand the resistance first.

THE PROMPT

/devil [paste your position or argument]



WHAT IT DOES

Finds flaws only — not balanced feedback, just everything that's wrong.

WHEN TO USE IT

When you need brutal honesty, not encouragement.

Code reviews, content reviews, pitch rehearsals.

THE PROMPT

/critic [paste the work you want torn apart]

#43

/firstprinciples

– RECIPE NO. 43



WHAT IT DOES

Strips a problem down to its most basic truths and rebuilds from scratch.

WHEN TO USE IT

When conventional advice isn't working and you need original thinking.

The Elon Musk move – stop assuming, start reasoning from ground zero.

THE PROMPT

/firstprinciples [paste the problem or topic]

#44

/premortem

— RECIPE NO. 44



WHAT IT DOES

Imagines the project failed six months from now and works backwards to find out why.

WHEN TO USE IT

Before any major launch, decision, or commitment.

When you're too excited about something and need to pressure-test it.

THE PROMPT

/premortem [describe your project or plan]

#45

/redteam

— RECIPE NO. 45



WHAT IT DOES

Attacks your idea from every angle a critic, competitor, or skeptic would use.

WHEN TO USE IT

Before a board presentation, investor pitch, or public launch.

When you need to know where the holes are before someone else finds them.

THE PROMPT

/redteam [paste your plan, idea, or argument]

#46

/steelman

— RECIPE NO. 46



WHAT IT DOES

Builds the strongest possible version of an argument you disagree with.

WHEN TO USE IT

Preparing for a debate, negotiation, or difficult conversation.

Understanding a competitor's position better than they do.

THE PROMPT

/steelman [describe the opposing view or argument]

#47

/tripwire

— RECIPE NO. 47



WHAT IT DOES

Identifies the single thing most likely to blow up your entire plan.

WHEN TO USE IT

When you have a lot of moving pieces and one failure point could cascade.

Before signing a contract or making an irreversible decision.

THE PROMPT

/tripwire [describe your plan or project]

#48

/crowbar

— RECIPE NO. 48



WHAT IT DOES

Forces open your idea from a completely unexpected, counterintuitive angle.

WHEN TO USE IT

When you're stuck on a problem and every obvious approach has failed.

Creative ideation — when you need something no one else has thought of.

THE PROMPT

/crowbar [describe the problem or idea you're stuck on]

#49

/xray

— RECIPE NO. 49



WHAT IT DOES

Sees through the surface of your question to find what's actually going on underneath.

WHEN TO USE IT

When you think you know the problem but something feels off.

Diagnosing a business issue, relationship dynamic, or strategic mistake.

THE PROMPT

/xray [describe your situation or question]

#50

/validate

— RECIPE NO. 50



WHAT IT DOES

Pressure-tests your idea against real logic, market conditions, and common failure modes.

WHEN TO USE IT

Before spending money, time, or energy on something unproven.

When someone told you it's a great idea and you want a second opinion.

THE PROMPT

/validate [describe your idea]

#51

/startup

— RECIPE NO. 51



WHAT IT DOES

Evaluates your startup idea — market size, differentiation, risks, and viability.

WHEN TO USE IT

Early-stage founders testing if an idea is worth pursuing.

Before building anything — know if the foundation is solid.

THE PROMPT

/startup [describe your startup idea]

#52

/gtm

— RECIPE NO. 52



WHAT IT DOES

Builds a go-to-market plan — who, how, when, and through what channels.

WHEN TO USE IT

Launching a new product, service, or content channel.

Entering a new market and needing a structured approach.

THE PROMPT

/gtm [describe your product and target audience]

#53

/monetize

— RECIPE NO. 53



WHAT IT DOES

Generates specific revenue ideas for any skill, audience, or platform.

WHEN TO USE IT

When you have an audience but no clear way to make money from it.

Exploring new income streams beyond your current model.

THE PROMPT

/monetize [describe your skill, platform, or audience]

#54

/icp

— RECIPE NO. 54



WHAT IT DOES

Builds a detailed ideal customer profile — demographics, psychographics, pain points, triggers.

WHEN TO USE IT

Before any marketing, sales, or content effort.

When you're targeting everyone and converting no one.

THE PROMPT

/icp [describe your product or service]

#55

/sales

— RECIPE NO. 55



WHAT IT DOES

Writes a persuasive, structured sales pitch tailored to your offer and audience.

WHEN TO USE IT

Preparing for a sales call, proposal, or demo.

Building the messaging for a landing page or outreach campaign.

THE PROMPT

/sales [describe your offer and the person you're selling to]

#56

/colddm

— RECIPE NO. 56



WHAT IT DOES

Writes cold outreach that doesn't sound like cold outreach.

WHEN TO USE IT

Reaching out to potential clients, collaborators, or investors.

Any message where you need someone who doesn't know you to respond.

THE PROMPT

/colddm [describe who you're reaching out to and what you want]

#57

/offer

— RECIPE NO. 57



WHAT IT DOES

Builds or sharpens your offer — the package, the promise, and the price justification.

WHEN TO USE IT

When people like what you do but aren't buying.

Repositioning an existing service that's underperforming.

THE PROMPT

/offer [describe what you sell and who you sell it to]

#58

/funnel

— RECIPE NO. 58



WHAT IT DOES

Designs a complete funnel — awareness to conversion — for your product or service.

WHEN TO USE IT

When you have traffic but it's not turning into revenue.

Building a new acquisition system from scratch.

THE PROMPT

/funnel [describe your product, audience, and current situation]

#59

/retention

— RECIPE NO. 59



WHAT IT DOES

Generates specific strategies to keep customers coming back and reduce churn.

WHEN TO USE IT

When acquisition is working but people aren't staying.

Subscription businesses, communities, or service providers.

THE PROMPT

/retention [describe your product and current customer situation]

#60

/rice

— RECIPE NO. 60



WHAT IT DOES

Scores any set of ideas or tasks by Reach, Impact, Confidence, and Effort — tells you what to do first.

WHEN TO USE IT

When you have ten good ideas and need to know which one to actually build.

Prioritizing a product roadmap, content calendar, or project list.

THE PROMPT

/rice [list your ideas or tasks]

CHAPTER IV

The Mains

The weapons. Skills you install, not just type.

4

#61

/skill-creator

— RECIPE NO. 61



WHAT IT DOES

Teaches Claude to build its own reusable skill files — so you can install new capabilities permanently.

WHEN TO USE IT

When you do the same type of task repeatedly and want Claude to master it.

Building a custom writing, research, or analysis skill for your workflow.

THE PROMPT

/skill-creator [describe the skill you want Claude to learn]

#62

skill: grill-with-docs

— RECIPE NO. 62



WHAT IT DOES

Upload any document and Claude will interrogate it — surfacing what matters, what's missing, what's wrong.

WHEN TO USE IT

Due diligence on contracts, reports, or proposals.

Research synthesis when you have more documents than time.

THE PROMPT

Install: `skills.sh/mattpocock/skills/grill-with-docs` Then: grill this [upload your doc]

Install this skill first, then use the command above

#63

skill: copywriting

— RECIPE NO. 63



WHAT IT DOES

A professional-grade copywriting skill that rewires Claude's output to match elite direct-response standards.

WHEN TO USE IT

Writing sales pages, email sequences, or ad copy.

Any time the words need to actually convert, not just sound good.

THE PROMPT

Install: `skills.sh/coreyhaines31/marketingskills/copywriting` Then: write [content type] for [offer]

Install this skill first, then use the command above

#64

skill: brainstorming

— RECIPE NO. 64



WHAT IT DOES

Activates a structured creative thinking mode — goes wide, goes deep, connects unexpected dots.

WHEN TO USE IT

Early ideation for products, content, campaigns, or solutions.

When you're stuck and need Claude to break you out of linear thinking.

THE PROMPT

Install: `skills.sh/obra/superpowers/brainstorming` Then: `brainstorm [topic]`

Install this skill first, then use the command above

#65

skill: writing-plans

– RECIPE NO. 65



WHAT IT DOES

Builds detailed, milestone-based project plans for any initiative – structured for execution, not just strategy.

WHEN TO USE IT

Complex projects that need sequencing, ownership, and deadlines.

Before starting any multi-week initiative.

THE PROMPT

Install: `skills.sh/obra/superpowers/writing-plans` Then: write a plan for [project]

Install this skill first, then use the command above

#66

skill: sys-debugging

– RECIPE NO. 66



WHAT IT DOES

Turns Claude into a methodical debugger – identifies root causes, not just symptoms.

WHEN TO USE IT

When something is broken and you've already tried the obvious fixes.

Code issues, workflow failures, business problems that keep recurring.

THE PROMPT

Install: `skills.sh/obra/superpowers/systematic-debugging` Then: debug this: [problem]

Install this skill first, then use the command above

#67

skill: to-prd

— RECIPE NO. 67



WHAT IT DOES

Converts any rough idea into a structured Product Requirements Document — ready for a team to execute.

WHEN TO USE IT

When you have an idea and need to communicate it to developers or designers.

Before scoping any build — get the requirements right first.

THE PROMPT

Install: `skills.sh/mattpocock/skills/to-prd` Then: turn this into a PRD: [idea]

Install this skill first, then use the command above

#68

skill: grill-me

— RECIPE NO. 68



WHAT IT DOES

Claude becomes your interrogator — asks you tough, probing questions to sharpen your thinking.

WHEN TO USE IT

Before a big pitch, interview, or presentation.

Stress-testing your own ideas before you share them publicly.

THE PROMPT

Install: `skills.sh/mattpocock/skills/grill-me` Then: grill me on [topic or idea]

Install this skill first, then use the command above

#69

skill: diagnose

— RECIPE NO. 69



WHAT IT DOES

Finds exactly what's wrong with anything — a system, a strategy, a piece of content, a business.

WHEN TO USE IT

When performance has dropped and you don't know why.

Before a rebrand, relaunch, or strategic pivot.

THE PROMPT

Install: `skills.sh/mattpocock/skills/diagnose` Then: `diagnose [describe the problem]`

Install this skill first, then use the command above

#70

skill: zoom-out

— RECIPE NO. 70



WHAT IT DOES

Pulls Claude back to 30,000 feet — forces big picture thinking instead of getting lost in the details.

WHEN TO USE IT

When you're deep in execution and losing sight of the goal.

Strategic reviews, quarterly planning, or major decision points.

THE PROMPT

Install: `skills.sh/mattpocock/skills/zoom-out` Then: zoom out on [situation]

Install this skill first, then use the command above

#71

skill: impeccable

— RECIPE NO. 71



WHAT IT DOES

Sets Claude's quality standard to perfection — every output must be flawless before it's delivered.

WHEN TO USE IT

Client-facing work, published content, or anything that represents your brand.

When good enough isn't good enough.

THE PROMPT

Install: `skills.sh/pbakaus/impeccable/impeccable` Then: `/impeccable [paste your work]`

Install this skill first, then use the command above

#72

skill: ui-ux-pro-max

— RECIPE NO. 72



WHAT IT DOES

Gives Claude professional UI/UX design intelligence — layouts, components, and user flows at an elite level.

WHEN TO USE IT

Designing apps, websites, or product interfaces.

Getting design feedback that actually matches industry standards.

THE PROMPT

Install: `skills.sh/nextlevelbuilder/ui-ux-pro-max-skill/ui-ux-pro-max` Then describe your design challenge

Install this skill first, then use the command above

#73

skill: extract-design

— RECIPE NO. 73



WHAT IT DOES

Reverse-engineers a full design system from any reference — colors, typography, spacing, components.

WHEN TO USE IT

Cloning a design aesthetic you love.

Building consistent brand standards from scratch.

THE PROMPT

Install: `skills.sh/arvindr/extract-design-system` Then: extract design system from [reference]

Install this skill first, then use the command above

#74

skill: write-a-skill

— RECIPE NO. 74



WHAT IT DOES

Teaches Claude to write new skill files — so you can permanently expand what it's capable of doing.

WHEN TO USE IT

When you've found a task Claude does well and want to standardize it.

Building a personal library of custom Claude capabilities.

THE PROMPT

Install: `skills.sh/mattpocock/skills/write-a-skill` Then: write a skill for [capability]

Install this skill first, then use the command above

#75

skill: superpowers

— RECIPE NO. 75



WHAT IT DOES

The master skill — unlocks the full Obra superpowers library and shows Claude how to use them together.

WHEN TO USE IT

When you want Claude operating at its absolute ceiling.

The first skill to install if you're serious about getting the most out of Claude.

THE PROMPT

Install: `skills.sh/obra/superpowers/using-superpowers` Then: `activate superpowers`

Install this skill first, then use the command above

#76

/script

— RECIPE NO. 76



WHAT IT DOES

Transforms Claude into a professional scriptwriter — structured, punchy, built for delivery.

WHEN TO USE IT

Writing video scripts, podcast outlines, or presentation narratives.

Any content that will be spoken, not just read.

THE PROMPT

/script [describe the topic, audience, tone, and length]

#77

/teacher

— RECIPE NO. 77



WHAT IT DOES

Puts Claude in mentor mode — it teaches, debates, and pushes back until you actually understand.

WHEN TO USE IT

Deep learning sessions where you want to be challenged.

When you need to understand something well enough to teach it yourself.

THE PROMPT

/teacher [paste the topic and your current level]



WHAT IT DOES

Runs the OODA loop — Observe, Orient, Decide, Act — on any complex problem or decision.

WHEN TO USE IT

Fast-moving situations that need rapid, structured decision-making.

When circumstances have changed and you need to reorient quickly.

THE PROMPT

/ooda [describe your current situation and the decision you face]

#79

/timeblock

— RECIPE NO. 79



WHAT IT DOES

Builds a time-blocked schedule that actually reflects your energy and priorities.

WHEN TO USE IT

When your calendar is full but your priorities aren't protected.

Designing a high-performance week from scratch.

THE PROMPT

/timeblock [describe your tasks, commitments, and energy patterns]

#80

/delegate

— RECIPE NO. 80



WHAT IT DOES

Identifies exactly what you should hand off and gives you the brief to make it happen.

WHEN TO USE IT

When you're the bottleneck in your own business.

Before hiring or expanding your team — know what to give away first.

THE PROMPT

/delegate [describe your current role and what's taking up your time]

#81

/automate

— RECIPE NO. 81



WHAT IT DOES

Finds every task in your workflow that could be automated and tells you exactly how.

WHEN TO USE IT

When you're doing the same thing manually more than twice a week.

Before building out your tech stack — know what's worth automating.

THE PROMPT

/automate [describe your current workflow and tools]



WHAT IT DOES

Builds a complete DM strategy – opening lines, follow-ups, and conversion sequences.

WHEN TO USE IT

When you're trying to turn social media followers into clients or conversations.

Building a systematic outreach engine from scratch.

THE PROMPT

/dms [describe your offer, audience, and platform]

#83

/stop-slop

— RECIPE NO. 83



WHAT IT DOES

Strips every trace of AI-generated patterns from any piece of writing and makes it sound fully human.

WHEN TO USE IT

Before publishing any Claude-written content publicly.

When the output is good but clearly reads as AI.

THE PROMPT

/stop-slop [paste the AI-written content]



WHAT IT DOES

Tells Claude to build a live, functional mini-app, tool, or interactive element directly in the chat.

WHEN TO USE IT

Building a calculator, quiz, tracker, or form without code.

Prototyping a product idea in minutes to test if it works.

THE PROMPT

/artifacts [describe the tool or app you want built]

#85

/last30day

— RECIPE NO. 85



WHAT IT DOES

Activates research agent mode — Claude focuses on the last 30 days of information on any topic.

WHEN TO USE IT

Catching up on fast-moving news, trends, or market shifts.

Research that requires recency, not just general knowledge.

THE PROMPT

/last30day [describe the topic you want researched]

CHAPTER V

Secret Sauce

Cheat codes. The stuff nobody talks about.



#86

/ultrathink

— RECIPE NO. 86



WHAT IT DOES

Tells Claude to use its maximum cognitive effort on the current task — no shortcuts, no easy answers.

WHEN TO USE IT

The hardest problems you're facing — strategic, creative, or technical.

Any task where good enough will cost you and only excellent will do.

THE PROMPT

/ultrathink [paste your hardest question or problem]

#87

/effort high

— RECIPE NO. 87



WHAT IT DOES

Cranks Claude's depth and detail to the maximum — like shifting from cruise control to full throttle.

WHEN TO USE IT

When standard responses feel shallow and you need real substance.

Before any high-stakes deliverable — pitch, proposal, or plan.

THE PROMPT

/effort high — then describe your task in full detail

#88

/context

— RECIPE NO. 88



WHAT IT DOES

Shows you exactly how much context Claude is holding and gives you tips to optimize it.

WHEN TO USE IT

Long conversations where Claude starts losing track of earlier details.

Complex projects where you need Claude to stay sharp across many messages.

THE PROMPT

```
/context
```

#89

/compact

— RECIPE NO. 89



WHAT IT DOES

Compresses the conversation context so Claude stays focused and doesn't get overwhelmed.

WHEN TO USE IT

When a long session is causing Claude to drift or repeat itself.

Multi-hour work sessions where maintaining clarity is critical.

THE PROMPT

/compact [describe what you want Claude to keep focused on]

#90

/presskit

— RECIPE NO. 90



WHAT IT DOES

Builds a complete press kit — bio, story, talking points, and media angles — ready to send to journalists or podcasters.

WHEN TO USE IT

When you're pitching media, podcasts, or speaking opportunities.

Before a PR push or product launch where you need coverage.

THE PROMPT

/presskit [describe who you are, what you do, and the story you want to tell]

#91

/warmup

— RECIPE NO. 91



WHAT IT DOES

Designs a pre-launch warmup sequence that builds anticipation and primes your audience to buy.

WHEN TO USE IT

Before any offer, product drop, or event launch.

When you want your audience leaning in before you ask them for anything.

THE PROMPT

/warmup [describe your offer, audience, and launch timeline]

#92

/rebrand

— RECIPE NO. 92



WHAT IT DOES

Diagnoses what's off about your current brand and builds the new positioning from the ground up.

WHEN TO USE IT

When you've outgrown your original brand identity.

When your messaging no longer reflects who you actually serve.

THE PROMPT

/rebrand [describe your current brand and what's no longer working]

#93

/launch

— RECIPE NO. 93



WHAT IT DOES

Builds a complete launch plan — timeline, content, emails, and conversion events — for any product or offer.

WHEN TO USE IT

Launching anything new and needing a structured sequenced plan.

When you want a systematic launch, not a chaotic one.

THE PROMPT

/launch [describe your product, audience, and launch window]

#94

/authority

— RECIPE NO. 94



WHAT IT DOES

Positions you as the undeniable expert in your niche — builds the content, proof, and messaging stack.

WHEN TO USE IT

When you're creating great work but nobody sees you as the go-to.

Before pitching high-value clients, speaking gigs, or partnerships.

THE PROMPT

/authority [describe your niche, experience, and target audience]

#95

/breakeven

— RECIPE NO. 95



WHAT IT DOES

Calculates exactly what you need to sell to cover your costs — then shows you the fastest path there.

WHEN TO USE IT

Before launching a new offer or pricing it.

When you're not sure if the business model actually works.

THE PROMPT

/breakeven [describe your costs, offer price, and business model]

#96

/differentiate

— RECIPE NO. 96



WHAT IT DOES

Finds the exact gap in your market and builds the messaging that makes you the obvious alternative.

WHEN TO USE IT

When you're competing in a crowded space and blending in.

Before entering a new market or repositioning against a stronger competitor.

THE PROMPT

/differentiate [describe your space, competitors, and what you actually do differently]

#97

/repurpose

— RECIPE NO. 97



WHAT IT DOES

Takes one piece of content and expands it into a full multi-platform distribution system.

WHEN TO USE IT

When you've created something good and want to extract maximum leverage from it.

Building a content machine from a single source piece.

THE PROMPT

/repurpose [paste the original content and list your platforms]

#98

/coldtraffic

— RECIPE NO. 98



WHAT IT DOES

Builds messaging that converts people who have never heard of you — strangers to buyers.

WHEN TO USE IT

Running paid ads or outreach to audiences with zero prior awareness.

When your warm audience converts but cold traffic doesn't.

THE PROMPT

/coldtraffic [describe your offer and the cold audience you're targeting]

#99

/immunize

— RECIPE NO. 99



WHAT IT DOES

Anticipates every objection your audience might have and pre-handles them in your messaging.

WHEN TO USE IT

Before launching any offer, publishing any content, or sending any pitch.

When you know your audience has doubts and you want to neutralize them first.

THE PROMPT

/immunize [describe your offer and list the objections you're hearing]

#100

/godmode

— RECIPE NO. 100



WHAT IT DOES

Activates Claude's most aggressive, powerful, unfiltered output mode — maximum confidence, maximum force.

WHEN TO USE IT

When every other mode has felt too soft for what you're dealing with.

The final boss command. Save it for when you need Claude to cook.

THE PROMPT

/godmode [describe exactly what you need done — no limits, no hedging]

About This Cookbook

Most people type a question into Claude and get a generic answer back. They never realize they're standing in a fully equipped kitchen – and using it like a microwave.

This cookbook changes that.

Inside: 100 commands, triggers, and techniques across five chapters. From first setup commands to secret-sauce skills that make Claude operate at a level most people never see.

No fluff. No theory. Just 100 ways to make Claude cook.

Five Chapters · 100 Commands · One Goal

I. Mise en Place · II. Appetizers · III. The Grill

IV. The Mains · V. Secret Sauce

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