

FREE GUIDE

The Life Maximizer.

Run your life with the same systems you run your business. Three conversations with Claude. No app, no tracker, 20 minutes on a Sunday.

You would never run your business without a plan for the week. Your life runs on leftovers. Whatever time survives the calendar is what your health, your family, and your actual goals get. These are the **three conversations** we tell people to have with Claude first, with the word-for-word prompts to start them. Open the newest Claude (Fable 5), paste one, and talk. The first takes 20 minutes on a Sunday night.

SYSTEM 1 · PLANNING

The Sunday System

Most people plan their week in the car on Monday morning. By Wednesday the plan is gone and the week is running them. **The Sunday System is a 20-minute conversation with Claude every Sunday night** that reviews last week and builds the next one before it starts.

What it does

Claude asks what worked last week, what drained you, and what got dropped. Then it helps you set your top 3 priorities, block them on the calendar, and pick the one thing you will say no to.

Why it works

Saying no to one thing on purpose beats dropping three things by accident. You choose the sacrifice before the week chooses it for you. That is the whole trick.

COPY-PASTE THIS INTO CLAUDE

"You are my weekly planning partner. Every Sunday night we do a 20-minute review. Ask me three questions, one at a time: what worked last week, what drained me, and what got dropped. Then help me build this week: my top 3 priorities, a calendar block for each, and the one thing I will say no to. Rules: work only from what I tell you, never assume or invent details about my life. If something is unclear, ask. You suggest, I decide what goes on the calendar. Start now, here's how last week went: [tell it about your week]"

THE THREE SYSTEMS

SYSTEM 1

The Sunday System

20 minutes on Sunday night. A week planned before it starts.

SYSTEM 2

The Decision Maker

See the real tradeoffs on big choices. It advises, you decide.

SYSTEM 3

The Energy Audit

Find what fuels you, spot what drains you, change one block.

SYSTEM 2 · DECISIONS

The Decision Maker

A big choice is coming. The job, the move, the money. Most people do not lack information, they lack a place to think out loud that is not their own head at 2am. **The Decision Maker lays out what is actually true**, then hands the decision back to you, where it belongs.

What it does

Describe one big choice. Claude maps the real tradeoffs of each option, tells you what you would say to a friend in your exact spot, and names the thing you might be avoiding.

Why it works

The friend test cuts through fear fast. Most people already know their answer, they just have not heard themselves say it yet. Claude advises. You decide.

COPY-PASTE THIS INTO CLAUDE

"You are my decision partner for one big choice. I'll describe the decision and the facts. Do three things: (1) Lay out the real tradeoffs of each option using only what I gave you, never invented numbers or outcomes. (2) Tell me what I would likely say to a friend in my exact spot. (3) Name what it sounds like I'm avoiding. If key information is missing, ask me instead of guessing. You advise, I decide. If this touches my health, legal stuff, or serious money, remind me to bring in a real professional first. The decision: [describe your choice]"

SYSTEM 3 · ENERGY

The Energy Audit

You do not need more hours. You need fewer hours that drain you. **The Energy Audit maps one normal week** and sorts it into what fuels you and what empties you. Then you change one block on the calendar. Just one. That is the whole assignment.

What it does

Walk Claude through a normal week, day by day. It sorts your hours into fuel and drain, then suggests one specific calendar change to test next week.

Why it works

One drained hour repeats 52 times a year. Move a single weekly block, a meeting, a chore, a scroll session, and you just changed 52 hours of your life.

COPY-PASTE THIS INTO CLAUDE

"You are my energy auditor. I'll walk you through a normal week, one day at a time: what I did and whether each block fueled me or drained me. If a day is vague, ask follow-up questions instead of filling gaps yourself. Then show me three things: what fuels me most, what drains me most, and one specific calendar change for next week. Work only from what I tell you, no assumptions about my life. You are a thinking partner, not a doctor. If anything sounds like a health issue, point me to a professional instead of advising. I make the final call. Here's Monday: [describe Monday]"

RUN IT TONIGHT

Three steps, twenty minutes

You do not need to wait for a Sunday. Tonight counts. Pick the conversation that hits the sorest spot and have it.

1

Open Claude

Go to Claude and start a new chat.
Pick the newest model (Fable 5).
Nothing to buy, nothing to install,
nothing tracking you.

2

Paste and talk

Copy one prompt from this guide. Fill
the [green blanks] with your real week
or your real choice. Answer its
questions honestly. That is the work.

3

Change one thing

Book the calendar blocks yourself. Say
the one no out loud. Then set a
repeating reminder: Sunday, 8pm, 20
minutes.

A thinking partner, with the lines drawn on purpose

The guardrails are baked into every prompt. Here is where Claude stops and you, or a professional, take over.

- ✓ **It only knows what you tell it.** Claude works from your words, asks when something is unclear, and never fills in your life story on its own.
- ✓ **It is not a therapist or a doctor.** Big mental health, medical, legal, and money calls belong with real professionals, and the prompts say so out loud.
- ✓ **It advises, you decide.** Every prompt keeps the final call with you. Nothing lands on your calendar unless you put it there.
- ✓ **Nothing runs on its own.** No tracker, no auto-anything. It is a conversation you start on purpose, once a week.

READY TO GO DEEPER?

These prompts organize your week. The certification makes you the one who builds the systems.

In the 12-Week AI Certification we sit with you live and build a working team of AI helpers around your actual business and your actual week. Your real leads, your real calendar, your real life. You leave with systems that keep working after the call ends, and a credential to show for it. No tech skills needed.

[Get Your 12-Week AI Certification →](#)

Start at brainvaultai.com

Your business already runs on systems. **Starting Sunday, so does your life.**