

FREE GUIDE

The One Move.

The single first thing every business owner should do with Claude. Ten minutes in one chat, and you finally know what to fix first.

Here is the trap: everybody says learn ten AI tools, so you learn zero. Meanwhile some owner down the street opened one Claude chat, answered six questions, and walked away with a plan for the next 90 days. That move is called the **10-Minute Business Brain Dump**, and this guide hands you the word-for-word prompt. Open the newest Claude (Fable 5), paste it, and talk about your business like you would to a sharp consultant. It feels like a \$500 consult that took ten minutes.

THE MOVE · 10 MINUTES

The Business Brain Dump

The answer to tool overwhelm is not another tool. It is one structured conversation. Claude interviews you the way a good consultant would, then **sorts everything you said into a plan you can run this week**. You already know your business cold. The sorting is the part you have been missing.

The trap

Forty saved tools, three half-watched courses, zero systems running. That is the average owner's AI progress after a year of trying.

The move

One Claude chat where it interviews you about your business, then sorts your answers into a plan. Ten minutes, start to finish.

What it asks

What you sell, who buys, what drives revenue, your biggest bottleneck, where your time goes, and your 90-day goal. One question at a time.

What you get back

Your top 3 priorities ranked, your bottleneck named plainly, a this-week plan, and the first thing worth automating. Built from your answers only.

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PART 1 · THE INTERVIEW

The Brain Dump Prompt

Most people paste one giant paragraph about their business and get a generic essay back. The fix is simple: make Claude ask, not guess. This prompt forces **one question at a time**, and it is not allowed to assume a single thing you did not say.

What it does

Turns Claude into an interviewer. It walks you through six areas of your business, waits for each answer, then builds four deliverables from your words only.

Why it makes money

Owners do not lose money from laziness, they lose it from fog. When your priorities get ranked, the busywork stops eating your best hours.

COPY-PASTE THIS INTO CLAUDE

"You are my business strategist. My business in one line: [what you do]. Interview me one question at a time and wait for each answer. Cover: what I sell, who buys, what drives revenue, my biggest bottleneck, where my time goes, and my 90-day goal. Rules: use only what I tell you. Never invent numbers, facts, or details. If something is unclear or missing, flag it and ask instead of assuming. When you have enough, hand me: my top 3 priorities ranked, my single biggest bottleneck named plainly, a this-week plan, and the first thing worth automating. I review everything before acting on it."

PART 2 · THE FIX

The Bottleneck Breaker

Most owners quit right when it gets good. The interview ends and the tab gets closed. Do not close it. Paste this second prompt **into the same chat** and the diagnosis becomes a fix plan, with your first automation broken into steps anyone can follow.

What it does

Takes the bottleneck and the automation your Brain Dump named and turns each one into a plain step-by-step plan, cheapest option first.

Why it makes money

One fixed constraint moves more revenue than ten new tools. If follow-up is your leak, plugging it pays this month, not someday.

PASTE THIS NEXT, SAME CHAT

"Take the bottleneck you just named. Break it down: why it exists, what it costs me each week based only on what I told you, and three ways to fix it, cheapest first. Then take the automation you flagged and write a simple step-by-step setup plan a non-technical person can follow. Same rules: use only my facts, never invent numbers, and flag anything you would need to know before recommending a fix. Nothing gets bought, built, or changed until I review the plan and say go. My biggest constraint right now: [time / money / people]"

RUN IT TONIGHT

Three steps, ten minutes total

No prep and nothing to install. You need ten honest minutes and the phone in your pocket.

1

Open Claude

Go to Claude and start a new chat.
Pick the newest model (Fable 5). The free plan handles this fine.

2

Paste Part 1, answer straight

Fill the [green blank] and answer one question at a time. Real numbers beat pretty answers, and "I don't know" is allowed. Claude will flag it as a gap.

3

Paste Part 2, plan the week

Same chat, second prompt. Review both plans, pick Monday's first task, and put your top 3 priorities somewhere you will see them daily.

Why this is safe to run on your real business

The guardrails are written into both prompts. Here is what they will and won't do.

- ✓ **Nothing gets invented.** Both prompts order Claude to use only your answers. No made-up revenue, no imaginary numbers in your plan.
- ✓ **Gaps get flagged, not filled.** If you don't know your margin or your close rate, Claude marks it as a gap and asks, instead of guessing.
- ✓ **You stay the decision maker.** Claude advises. Nothing gets bought, built, or changed until you review the plan and say go.
- ✓ **Share only what you are comfortable with.** The prompts work read-only on what you paste. Leave out anything private and they still work.

READY TO GO DEEPER?

The Brain Dump tells you what to fix. The certification makes you the one who builds the fix.

In the 12-Week AI Certification we sit with you live and build working AI systems around your actual business, starting with whatever your Brain Dump named. You leave with systems that keep running 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

Ten tools is a hobby. **One conversation is a plan.**