

Thanks. Let's set up your Compass.

Your Compass lives in a Project on your own Claude account. The free plan works. Setup takes about five minutes.

FIVE MINUTES · FREE OR PAID CLAUDE

Set it up in Claude

- 1. Go to **claude.ai** and sign in. No account yet? Sign up free, it takes about two minutes.
- 2. Click **Projects**, then **Create project**. Name it **The Sunday Compass**.
- 3. Paste everything from **Compass Instructions.txt** into the project's **Instructions**.
- 4. In the project's **Files**, upload **Compass Knowledge File.md**.
- 5. Start a chat inside the project and type `setup`.

Why Claude? I built and tested the Compass in Claude. It will run in other AI tools, but it's noticeably better here, so that's where I'd set it up.

One step after setup: your Compass writes your Essential Life document. Save it and add it to the project's Files. From then on it remembers your plan every Sunday.

Every Sunday: open a new chat in the project and type `Sunday review`. Rough week? Type `short review`.

The Sunday Compass Guide.pdf	Nine pages: how it works, your first morning, the Sunday ritual, the printable review sheet (p.7).
Compass Instructions.txt	Paste into your project's Instructions.
Compass Knowledge File.md	Upload to your project's Files.

Stuck on anything? Reply to your receipt email and I'll help you get set up.

Liam