

FREE COMPANION GUIDE

Claude Code Setup Guide

**Every step from the video, in order, with
every prompt ready to copy and paste**

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Start here

This is everything from the video, written down, in the same order. Nothing is skipped and nothing assumes you already know something.

Every prompt I typed is in here in a box you can copy straight out of. You do not have to type any of them yourself.

What you will have by the end

- ✓ Claude Code installed and open on your computer
- ✓ A website built from a video of another website
- ✓ A work tracker app sitting on your phone with its own icon
- ✓ A video edited for you, silences and repeats cut out
- ✓ One job saved so you never explain it again, running on a timer

TIP

You do not need to know how to code. If anything in here looks technical, paste the sentence into Claude Code and ask it what it means. It will explain it and then do it for you.

PART 1

Getting Set Up

Five minutes, and then you never do it again.

THE ACCOUNT

Claude Code will not run on the free plan

1. Go to claude.com

If you already have a free account, you need to upgrade it. Claude Code does not work on the free plan at all.

2. Get the Pro plan

Twenty dollars a month. That covers everything in the video. There is a Fable model you will see in the list that needs extra credits on top, but we do not use it.

THE APP

The desktop app, not the website

3. Download the desktop app

Go to the download page on claude.com and pick Mac or Windows. Claude Code only lives in the app, not in your browser.

4. Install it and sign in

Use the account you just upgraded. Finish the whole sign up process until you are looking at the app.

FINDING CLAUDE CODE

You are in the app but not in Claude Code yet

5. Look at the left side

There are two things there. Home, and Code. Home is the normal Claude chat you already know.

6. Click Code

That is Claude Code. Same chat box you are used to, with a few extra things around it. Those few things are the whole difference.

7. Minimise the sidebar

You do not need it. It just takes up room.

PART 2

Every Button, Left To Right

This is the whole interface. There is less here than it looks.

MODES

The dropdown that says auto

There are five, and you only ever really need two of them.

Mode	What it does	When
Manual	Asks you before every single thing it does	Almost never
Accept edits	Changes files freely, still asks before bigger things	If you are nervous
Plan	Can read, think and ask questions. Cannot touch a file	Before you build anything
Auto	Gets on with it	Once you have agreed the plan
Bypass permissions	Stops asking entirely	Leave this alone

TIP

The only rule you need: Plan while you are deciding what to build, Auto once you have decided. You switch between them mid job and that is completely normal.

THE PLUS BUTTON

Everything you can add

Click the plus and you get five things. Add files or photos. Add a folder. Slash commands. Connectors. Add plugins.

For now you only need one of them: add a folder.

MAKING YOUR FIRST FOLDER

Claude can only see what you hand it

- 1. Click the plus, then Add folder**
Your normal file explorer opens.
- 2. Make a new empty folder anywhere on your computer**
Call it demo-website. That is where your first project will live.
- 3. Select it**
It is now added and Claude can see inside it.

WATCH OUT

This is the step people skip and then nothing works. Claude can only see inside folders you have given it. No folder means it has nowhere to put anything.

THE MICROPHONE

The button I use more than any other

Instead of typing, you talk. I almost never type prompts unless I have written one out beforehand and I am pasting it in. The whole rest of the time I click the microphone and say what I want changed.

It is much faster than typing, and it is far easier to describe a problem out loud than to write it.

MODELS

Which version of Claude you are talking to

Model	Use it for
Haiku	Small quick jobs. Cheapest.
Sonnet	Almost everything. This is your default and both builds in the video use it.
Opus	When something is genuinely difficult, or Sonnet has failed twice.
Fable	Design work. Needs extra usage credits on top of your plan, so not used here.

TIP

Start on Sonnet. If it fails the same thing twice, switch to Opus. That is the whole rule and you will rarely need more than that.

FAST MODE, EFFORT, AND THE TWO METERS

The rest of the bar

Fast mode: A toggle next to the models. I leave mine off, because I am not certain what it costs in usage.

Effort: How thoroughly it works before answering. Higher means better answers, but slower, and it uses your limits faster. The default is fine. I have never needed to change mine.

The circle: Your context window. Think of it as short term memory for this one conversation. When it fills up, Claude starts forgetting things you agreed earlier.

Usage limits: How much you have used in the last five hours, and for the week.

PART 3

The Commands

Four things to learn. Two minutes.

⚠ WATCH OUT

Before anything else: you cannot click these commands. You type the slash, then type the word out, then press enter. Clicking the options in the list does nothing. This had me stuck for twenty minutes.

THE AT SIGN

Point Claude at one specific file

Type @ and every file in your folder appears. Pick one and Claude reads the whole thing before it answers you.

Honestly, I barely use this. Claude already has the whole folder and works out what is in there. It is useful when you want it looking at one file and nothing else.

/INIT

Get Claude to take notes on your project

📝 TRY THIS PROMPT

`"/init"`

Run this when you open a folder that already has files in it. Claude reads everything and writes itself notes.

It creates a file called CLAUDE.md in your folder. Open it and it is just words on a page. That is where it keeps everything it needs to remember, so next time you come back it is not starting from nothing.

A file ending in .md is plain text with a bit of formatting. That is all it is. Nothing to be scared of, and nothing you need to be able to read.

/COMPACT

When the circle is nearly full

📝 TRY THIS PROMPT

`"/compact"`

This squashes the whole conversation into a summary and carries on where it left off. In the video mine went from twenty three percent down to two, and nothing I needed was lost.

/BTW

Ask something unrelated without derailing the job

📝 TRY THIS PROMPT

“/btw does it matter if the images on this site are big file sizes?”

You are in the middle of a build and a completely different question pops into your head. Ask it this way and it answers on the side, without dragging the main job off course.

PART 4

Build One: The Website

From a screen recording of somebody else's site.

THE SITE I USED

xtract.framer.ai

This is the one in the video. Black background, big type, cards that slide in as you scroll. It clones well because almost every visual on it is code rather than photography, and Claude can rebuild code.

TIP

Picking your own instead? Land-book.com and onepagelove.com link out to real live sites, so you can record them properly. Avoid anything with 3D, custom cursors or heavy photography. If you can describe each section of a page in one sentence, it will clone.

RECORD IT

Twenty five seconds is plenty

1. Open the site and press F11

Full screen hides your tabs and address bar, so the recording is nothing but the site.

2. Screen record yourself scrolling from top to bottom

Around twenty five seconds. Scroll slowly and evenly, because Claude reads this as still images and a slow scroll gives it more to work with.

3. Save the file somewhere you can find it

You are about to drag it into Claude Code.

BUILD IT

Drag the video in, then one prompt

Drag the video file straight into the chat box. Claude Code can watch video. It breaks it into stills and reads them.

Leave the model on Sonnet. It handles this fine and it is the cheapest one you have.

TRY THIS PROMPT

"Watch this video. Build me a one page website with the same layout, spacing, colours and scroll animations. It's a landing page for an online course about AI tools. Don't copy their words or their images, only the style.

Then make the top of the page more striking. Put a slow animated gradient behind the headline that shifts from deep purple into black. Fade the headline in word by word when the page loads. And add a soft glowing blob that follows my mouse around the top section."

Swap the online course for whatever you actually do. The three effects at the end are what stop the result looking flat, and they are the reason this comes out looking expensive rather than like a template.

MAKE IT YOURS

Do not describe your colours, show them

If you want the site in your own branding, do not try to describe it. Paste in a screenshot of your existing site and tell it to match that.

TRY THIS PROMPT

"Here's a screenshot of my branding. Change the colours and fonts to match this, but keep the layout and the animations exactly as they are."

PUT IT ONLINE

You just ask

TRY THIS PROMPT

"Put this online for me and give me a link."

It will walk you through connecting a hosting account, do the rest itself, and hand you a link. Once it is live you can point your own domain at it.

PART 5

Build Two: The App On Your Phone

A work tracker, described in plain English.

SET UP

New project means new window

1. **Open a new window in Claude Code**
Each project gets its own.
2. **Plus, Add folder, make a new one called work-tracker**
Same as before.
3. **Leave the model on Sonnet**
This one is about how it works, not how it looks.
4. **Switch the mode to Plan**
This is the habit that matters most in the whole video.



WHY THIS MATTERS (TIME & MONEY)

In Plan mode Claude can read and ask questions but cannot touch a single file. Most people skip this, ask for an app straight away, and then spend an hour undoing whatever it guessed wrong.

THE PROMPT

Say what you want the way you would tell a friend

TRY THIS PROMPT

"I want to build a personal work tracker. It's for one person who wants everything they're working on in one place. I should be able to add a task with a title, notes, a priority and a due date, and see them in three columns: to do, doing, done. I want to drag a task from one column to another. I also want a timer on each task, so I click play when I start and stop when I finish, and it saves how long that task took me. Clean, modern, dark, and it should work on my phone. Save everything in the browser so I don't need a database."

IT WILL ASK YOU QUESTIONS

Answer them, it saves you hours

It does not start building. It asks first. In my case it wanted to know how dragging should work on a phone, because dragging with your finger does not work the same as with a mouse.

If you do not know the answer, say so. This is a perfectly good reply:



TRY THIS PROMPT

"I don't have a preference, use whatever you'd recommend."

READING THE PLAN

Only one part of it is written for you

Then a long plan comes back. Here is how to save yourself a lot of time.

WHAT IT LOOKS LIKE — *what is in the plan*

Context: what your tool will do, in plain English. This is the only part written for you. Read it properly.

Tech stack: what it will build it with. You will not understand this and you do not need to.

Implementation: the order it will do things in. Skim it.

Verification: how it will check its own work. Skim it.

TIP

If something in the plan is not what you wanted, click Revise and say so. Nothing has been built yet, so changing your mind at this point costs you nothing.

LET IT BUILD

Switch out of Plan into Auto

Once you are happy, come out of Plan mode, switch to Auto, and accept. It will still stop and ask permission now and again, which is a good thing.

Two things you will notice. It works in a phone shaped preview, because you told it this was for a phone. And when it finishes, it opens a browser and tests its own work. Clicks the buttons, checks the phone layout. Nobody asks it to do that.

FIXING THE FIRST VERSION

It is never right first time

Click the microphone and just say what is wrong. This is what I said:

TRY THIS PROMPT

"The notes box on each task is too small and I can't make it any bigger. Fix that so I can drag it taller."

Look at it, say what is wrong, let it fix it. That loop is everything you will ever do in here.

GET IT ONTO YOUR PHONE

Three taps

TRY THIS PROMPT

"Put this online and give me a link I can open on my phone."

1. Open the link on your phone

Just tap it.

2. Hit Share

The normal share button in your browser.

3. Add to Home Screen

And there is your icon.

PART 6

Connectors

The thing people get most confused about.

WHAT A CONNECTOR ACTUALLY IS

Ignore the letters MCP

Without one, Claude can only touch what is inside your folder. It cannot see your diary. It cannot send an email. It cannot make you a picture.

THINK OF IT LIKE...

A connector is a key. Each one opens a door Claude could not get through before. Give it your diary and it can book things in. Give it an image tool and it can make pictures.

THE EASY KIND

Already in the list

1. Plus, then Connectors

You get a list of ones you can add with a click.

2. Pick one, sign in, approve

Google Calendar took about ten seconds.

3. Set the permissions

So it cannot reach anything you would rather it did not.

TRY THIS PROMPT

“Look at my Google Calendar for next week and find me three two hour blocks where I’m completely free. Then put them in as events called deep work.”

That is a job worth twenty minutes of your Sunday, done in a few seconds, and it has nothing to do with anything you built.

WATCH OUT

Important, and this confuses everyone. A connector belongs to Claude Code, not to anything you build with it. The work tracker you just made does not have your calendar and never will. Connectors are for jobs Claude does for you, sitting at your computer. They are not features baked into the thing you are making.

THE OTHER KIND

When it is not in the list

Most tools have a connector, they are just not all in that menu. Search the name of the tool with MCP after it.

TRY THIS PROMPT

“hyperframes mcp”

1. Find their setup page

Nearly every tool that has one puts up a page with a link on it.

2. Copy the link

That is all you need.

3. Plus, Connectors, Add custom connector

Paste the link in, give it a name, click Add, then Connect.

That is the only time you will ever see the letters MCP, and that is all they mean.

TIP

If you are not sure whether something needs a connector at all, just ask. Type what you want to connect and let Claude tell you what it needs from you.

TRY THIS PROMPT

"I want to connect my business email inbox. It's on my own domain, not Gmail. Do you need an MCP for that, or can you do it another way? Tell me what you need from me."

PART 7

Editing Video

The part hardly anyone knows about.

NOTHING TO INSTALL

It sorts itself out

Underneath, Claude Code uses a free tool called FFmpeg, which sits inside most editing software you have ever used. You do not install it. The first time you ask for an edit, Claude notices it is missing and sets it up itself.

THE FIRST ATTEMPT

And why it will not be good enough

1. New window, new folder called video-edit

Same as the other two projects.

2. Drop a raw clip into the folder

Straight from your camera is fine.

TRY THIS PROMPT

"There's a raw clip in this folder. Cut out all the silences and any part where I've said the same line twice. Export a clean version."

WATCH OUT

Round one will not be right, and nobody tells you this. Mine clipped the end off a sentence and left two long pauses in. That is normal. It took me three rounds in the video, and it took a weekend and about ten goes to get the process right in the first place.

So you correct it, out loud, the same way you corrected the app:

TRY THIS PROMPT

"You cut the end off the sentence at 0:42, put that back. And there's still dead air around 1:20."

PART 8

Never Explain It Twice

Skills, and putting them on a timer.

TURNING A JOB INTO A SKILL

You do not write the file, Claude does

A skill is a file where a job is written down once, so Claude follows it every time instead of you explaining it again. It has three parts: a name, when to use it, and the steps.

THINK OF IT LIKE...

It is the note you would leave for somebody covering your job while you are away. You would not write code. You would write what to do.

You never write one yourself. You do the job once, get it right, then say:

TRY THIS PROMPT

“Save that whole editing process as a skill called rough-cut.”

TIP

Test a new skill in a completely fresh window with nothing else going on. Call it, watch what it does, adjust, repeat. If it works on its own in an empty window, it is a real skill.

PUTTING IT ON A TIMER

A routine runs whether you are there or not

TRY THIS PROMPT

“Every night at 10pm, check this folder for new video files and run rough-cut on anything you haven’t done yet.”

It asks you two things. What time, and where to send the result. Then it sits in the routines panel and runs on its own.

ON YOUR COMPUTER, OR IN THE CLOUD

One choice worth understanding

Where it runs	What that means
On your computer	The laptop has to be switched on and awake at that time. If it is shut, nothing happens.
In the cloud	Runs whether your machine is on or not, but you have to connect GitHub first.

If you are not writing code, keep it on your computer and leave the laptop on. The cloud version is more setup than it is worth.

CHEAT SHEET

Everything In One Place

The commands and every prompt from the video.

THE COMMANDS

Type the slash, type the word, press enter

Command	What it does
@	Shows your files. Pick one and Claude reads all of it first.
/init	Reads your folder and writes itself notes in a file called CLAUDE.md
/compact	Squashes the conversation into a summary when memory is full
/btw	Ask something unrelated without derailing the job you are running

EVERY PROMPT FROM THE VIDEO

In the order you will use them

The website

TRY THIS PROMPT

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The app

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"I don't have a preference, use whatever you'd recommend."

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Connectors

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Video editing

✍️ TRY THIS PROMPT

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"You cut the end off the sentence at 0:42, put that back. And there's still dead air around 1:20."

Skills and routines

✍️ TRY THIS PROMPT

"Save that whole editing process as a skill called rough-cut."

✍️ TRY THIS PROMPT

"Every night at 10pm, check this folder for new video files and run rough-cut on anything you haven't done yet."

IF YOU GET STUCK

The escape hatch

Anything in this guide that does not work the way it is written, paste it into Claude Code and ask. It knows what it can do better than any guide does, and it will tell you what changed.

✍️ TRY THIS PROMPT

"I'm following a guide and it says to do this: [paste the step]. It's not working on my machine. What should I do instead?"

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