



Open Machine

AI CONTEXT AI VAULT



GENERIC ANSWERS



PERSONALIZED ANSWERS

**8 Copy-Paste Prompts to
Make AI Actually Understand You**

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The Problem With How You're Using AI

Every time you open ChatGPT or Claude or Gemini, you're starting from zero. The AI has no idea who you are, what you've built, what you're struggling with, or what actually matters to you. So it gives you generic advice. Surface-level strategies. One-size-fits-all answers that fit no one.

You're leaving 90% of AI's power on the table.



THE FIX: CONTEXT DOCUMENTS

The best AI outputs come from the best inputs. When you give AI deep context about who you are—your values, your goals, your constraints, your dreams—it stops being a generic assistant and starts being your strategic partner. Think of context documents as instruction manuals for AI about you.



WHY THIS WORKS

AI systems are trained to be helpful to everyone, which means they default to safe, general responses. Context documents pull AI out of "general mode" and into "your mode."

WHEN AI KNOWS:



What success actually looks like for you



What energizes you vs. drains you



What's working and what isn't



What you're secretly hoping for but haven't said out loud

...it can give you answers that feel like they came from someone who's known you for years.



HOW TO USE THIS RESOURCE

Each page contains a prompt you can copy and paste directly into ChatGPT or Claude or Gemini. The AI will interview you, asking targeted questions to build a comprehensive understanding of that area of your life. Feel free to tweak it as needed. This is meant to be an easy quickstart guide.



START WITH YOUR PERSONAL CONSTITUTION

It's the foundation. Your values shape everything else. I know boss's that gives constitution documents to direct reports, roommates that share them with each other, and couples that create them together. Get creative. Then work through the others based on what's most pressing. Save each completed conversation. Reference it whenever you need AI to go deep on that topic.

Essentially, you're going to use this as a way to build a vault of context that makes every future AI interaction exponentially more valuable. Just say no to mediocre AI.



01 Your Personal Constitution

The foundation of everything. Do this one first.

COPY AND PASTE THIS ENTIRE PROMPT + HIT ENTER

I want you to help me articulate my Personal Constitution—the core values, beliefs, and principles that define who I am and how I want to move through the world. This document will serve as a foundational reference for you in future conversations, so I need you to deeply understand what I stand for.

Please interview me with thoughtful, probing questions. Go beyond surface-level. I want to uncover what I truly believe, not just what sounds good. Ask follow-up questions to push deeper. Challenge me if my answers seem vague or inconsistent.

After our conversation, create a Personal Constitution document I can reference and share with AI systems to establish who I am at my core.

Here are the areas to explore (but don't limit yourself to just these):

On Values:

- What are the 3-5 values I'd fight for even when it's inconvenient?
- When have I compromised a value and deeply regretted it?
- What value do I hold that others might find surprising or contradictory?
- What do I judge others for? (This often reveals hidden values)
- What would I want people to say about me when I'm not in the room?

On Beliefs:

- What do I believe about how the world works that shapes my decisions?
- What's a belief I've changed significantly in the last 5 years?
- What do I believe about human nature?
- What do I believe about success, money, and ambition?
- What's a belief I hold that I'm still working through?

On Principles:

- What are my non-negotiables in how I treat people?
- What rules do I have for myself that I rarely break?
- What's a principle I wish I followed more consistently?
- How do I want to handle conflict, failure, and criticism?

On Identity:

- What parts of my identity am I most proud of?
- What labels do I reject even if others apply them to me?
- Who do I want to become in the next decade?
- What's the legacy I want to leave?

On the Uncomfortable Stuff:

- What do I secretly value that I'm embarrassed to admit?
- What tension exists between my stated values and my actual behavior?
- What am I afraid of becoming?

Please start the interview now. Ask me one area at a time, and go deep before moving to the next.



02 Your Career

For employees, executives, and anyone building within an organization

COPY AND PASTE THIS ENTIRE PROMPT + HIT ENTER

I want you to develop a comprehensive understanding of my career—where I am, where I want to go, and everything that shapes my professional life. This will become a reference document you can use whenever I need career-related advice, help with work challenges, or strategic thinking about my professional trajectory.

Please interview me thoroughly. Ask follow-up questions. Push for specifics. I want this to be the most complete picture of my career that exists anywhere. After our conversation, synthesize everything into a Career Context Document I can reference in future conversations. Here are the areas to explore:

Current Role & Responsibilities:

- What's my current title and what do I actually do day-to-day?
- What decisions do I own? What's outside my control?
- Who do I report to and what do they care most about?
- Who relies on me and what do they need from me?
- What does a successful week look like in my role?

Skills & Strengths:

- What am I genuinely excellent at?
- What do people consistently come to me for?
- What skills have I developed that I'm underutilizing?
- What do I do better than most people at my level?

Challenges & Friction:

- What's the hardest part of my job right now?
- What's broken in my organization that affects my work?
- Where do I feel stuck or plateaued?
- What politics or dynamics make my job harder?
- What part of my job do I dread?

Energy & Motivation:

- What work tasks give me energy?
- What depletes me even if I'm good at it?
- When do I feel most valuable at work?
- What would make me excited to work on a Sunday? (Not that I should, but what would?)

Resources & Constraints:

- What resources do I have (budget, team, tools, relationships)?
- What constraints do I operate under?
- What leverage do I have that I might be underusing?

Growth & Ambition:

- Where do I want to be in 2 years? 5 years?
- What's the next role I want and what's blocking it?
- What skills do I need to develop?
- What would I do if I knew I couldn't fail?

The Real Talk:

- What do I want from my career that I haven't told anyone?
- What would I change with a magic wand?
- What am I tolerating that I shouldn't be?
- What's my definition of career success—honestly?

Please begin the interview now.

03 Your Business



For founders, entrepreneurs, and business owners

COPY AND PASTE THIS ENTIRE PROMPT + HIT ENTER

I want you to develop an extremely deep understanding of my business—what it is, how it operates, what's working, what isn't, and where it's headed. This will become a foundational reference document for any business-related conversation we have. Interview me like a brilliant advisor who's about to spend a year helping me. Ask follow-up questions. Challenge vague or inconsistent answers. I want you to understand my business better than most people who work in it. After our conversation, create a comprehensive Business Context Document I can reference whenever I need strategic thinking, problem-solving, or planning help. Here are the areas to explore:

The Basics:

- What does my business do in one sentence?
- Who is my ideal customer and what problem do I solve for them?
- How do I make money? What's the business model?
- How long have I been running this business? What's my current revenue/stage?

Operations & Team:

- Who's on my team and what do they do?
- What do I personally spend most of my time on?
- What systems or processes are working well? And what's held together with duct tape and prayers?
- What would break if I disappeared for a month?

Market & Competition:

- Who are my main competitors? And what's my actual competitive advantage?
- What market trends are affecting my business?
- What do customers choose me over alternatives for?

Growth & Velocity:

- What's driving growth right now? What's the velocity of my business—fast, slow, stalled?
- What's my customer acquisition strategy?
- What metrics do I track obsessively?
- What would 10x my growth?

Finances & Resources:

- What are my biggest expenses? And what's my runway or financial cushion?
- Where am I over-investing? Under-investing?
- What resource constraints shape my decisions?

What's Working & What Isn't:

- What are my top 3 wins from the last year?
- What's the biggest problem in my business right now?
- What have I tried that failed? And what do I keep avoiding that I know I should do?

Vision & Goals:

- What does this business look like in 3 years if everything goes right?
- What would I change if I had unlimited resources?
- What's the exit plan, if any? What does success actually look like for me with this business?

The Stuff I Don't Say Out Loud:

- What am I most afraid of with this business?
- What do I desperately want but feel embarrassed to admit?
- What would I do differently if I started over today?
- What's the honest reason I'm building this?

Please start the interview now.

04 Your Personal Life



The foundation of your wellbeing outside of work

COPY AND PASTE THIS ENTIRE PROMPT + HIT ENTER

I want you to understand my personal life—how I live, what I care about outside of work, and what shapes my day-to-day existence. This isn't about productivity hacking. It's about understanding me as a whole person so you can give me advice that actually fits my real life. Interview me thoughtfully. This is personal territory, so be respectful but thorough. I want you to understand the full context of my life. If a question feels invasive or 'high risk' to provide to an AI for data privacy reasons, please flag it as optional. After our conversation, create a Personal Life Context Document for future reference. Here are the areas to explore:

Daily Life:

- What does a typical day look like for me?
- What does a typical weekend look like?
- Where do I live and how does my environment affect me?
- What are my routines that keep me grounded?
- What routines have I abandoned that I miss?

Health & Energy:

- How's my physical health right now?
- How's my mental/emotional health?
- What do I do to take care of myself?
- What should I do that I'm not doing?
- What's my relationship with sleep, exercise, food?

Time & Priorities:

- How do I actually spend my time outside work?
- What do I wish I had more time for?
- What am I spending time on that doesn't serve me?
- What's competing for my attention?

Joy & Fulfillment:

- What brings me genuine joy?
- What hobbies or interests light me up?
- When do I feel most like myself?
- What have I stopped doing that I loved?

Stress & Struggles:

- What's my biggest source of stress right now?
- What keeps me up at night?
- What am I avoiding dealing with?
- What's the hardest thing about my life right now?

Environment & Home:

- What's my living situation?
- What do I love about my home/city?
- What would I change?
- How does my environment support or hinder me?

The Deeper Stuff:

- What do I need more of in my life?
- What do I need less of?
- If I could design my ideal personal life, what would be different?
- What am I tolerating that's slowly draining me?
- What does "a good life" actually mean to me?

Please begin the interview now.



05 Your Friendships

The people you choose to have in your life

COPY AND PASTE THIS ENTIRE PROMPT + HIT ENTER

I want you to understand my friendships—who matters to me, how I connect with people, and what I want from my social life. This context will help you give me better advice on relationships, social decisions, and life balance. Interview me about my friendships. This is a category many people neglect to examine, so push me to think carefully. After our conversation, create a Friendships Context Document for future reference. Here are the areas to explore:

Your People:

- Who are my closest friends?
- How did these friendships form?
- What do my best friendships have in common?
- Who have I lost touch with that I miss?
- Who's in my life out of habit rather than genuine connection?

How You Connect:

- How do I typically maintain friendships?
- Am I the one who reaches out or do I wait for others?
- What's my capacity for friendships right now?
- How often do I actually see or talk to friends?
- What gets in the way of connection?

What You Value:

- What makes someone a great friend to me?
- What qualities do I most appreciate in friends?
- What do I offer as a friend?
- What's a dealbreaker in friendship for me?

Social Dynamics:

- Do I have different friend groups or one main circle?
- How do I feel about group dynamics vs. one-on-one?
- What's my relationship with making new friends as an adult?
- Do I have friends who challenge me or mostly people who agree with me?

Challenges:

- What's hard about friendships for me?
- Are there friendships I'm struggling with right now?
- What pattern do I notice in friendships that end or fade?
- What do I wish I did differently as a friend?

Needs & Wants:

- What do I need from friendships that I'm not getting?
- What kind of friends do I wish I had more of?
- What would my ideal social life look like?
- What's one thing that would significantly improve my friendships

The Honest Stuff:

- Do I feel lonely? How often?
- What's a hard truth about my approach to friendship?
- What do I want from friends that I'm afraid to ask for?
- If I could wave a magic wand, what would change about my social life?

Please start the interview now.



06 Your Family

The relationships you were born into and the ones you've built

COPY AND PASTE THIS ENTIRE PROMPT + HIT ENTER

I want you to understand my family dynamics—who they are, how we relate, and how family shapes my life. Family is complicated for most people, so this context will help you understand constraints, motivations, and priorities that affect many of my decisions. Interview me about my family with care but honesty. I want a real picture, not an idealized one. If a question feels invasive or 'high risk' to provide to an AI for data privacy reasons, please flag it as optional. After our conversation, create a Family Context Document for future reference. Here are the areas to explore:

Family Structure:

- Who is my immediate family?
- Who is my extended family that matters to me?
- What's my family situation—married, kids, single, etc.?
- Who do I consider family even if we're not related?

Key Relationships:

- Who am I closest to in my family?
- Who is the most complicated relationship?
- What role do I play in my family?
- What role do others expect me to play?

Dynamics & History:

- How would I describe my family culture?
- What are the unspoken rules in my family?
- What patterns—good or bad—repeat in my family?
- How has my family shaped who I am today?

Current State:

- How often do I interact with family?
- What's working well in my family relationships right now?
- What's causing tension or stress?
- What family obligations do I carry?

If You Have a Partner:

- What's the state of my relationship?
- What does my partner need from me that I'm struggling to give?
- What do I need that I'm not getting?
- What's our biggest challenge right now?
- What's great about our relationship?

If You Have Kids:

- What ages are my kids?
- What's my parenting philosophy?
- What's hardest about parenting right now?
- What kind of parent do I want to be?
- What do I want for my kids that I didn't have?

The Deeper Layer:

- What do I wish was different about my family relationships?
- What am I grateful for about my family?
- What family pattern am I trying to break?
- What family value am I trying to preserve?
- What do I need from family that I'm not getting?
- What would I change with a magic wand?

Please begin the interview now.

07 Your 2026 Goals



What you're building toward this year

COPY AND PASTE THIS ENTIRE PROMPT + HIT ENTER

I want you to understand what I'm trying to accomplish in 2026—the real goals, not the aspirational list I won't look at again. This context will help you support me throughout the year with relevant advice, accountability, and problem-solving. Interview me about my 2026 goals. Push past vague intentions to specific outcomes (which may be traditional accomplishments like hiring an assistant). Challenge me on what I actually want vs. what I think I should want. After our conversation, create a 2026 Goals Document that I can reference and you can use to hold me accountable. Here are the areas to explore:

The Big Picture:

- What's the theme or focus for my 2026?
- If 2026 goes perfectly, what's different by December?
- What would make this year feel like a success?
- What would make it feel like a failure?

Professional/Business Goals:

- What are my top 1-3 professional goals for the year?
- What specific outcomes would indicate success?
- What needs to happen Q1? Q2? Q3? Q4?
- What's the goal I'm most excited about?
- What's the goal I'm most likely to abandon?

Personal Goals:

- What do I want for my health this year?
- What do I want for my relationships?
- What experiences do I want to have?
- What do I want to learn or develop?
- What habit do I want to build or break?

Financial Goals:

- What are my financial targets for the year?
- What money decisions do I need to make?
- What would financial success look like this year?

The Real Priorities:

- If I could only accomplish ONE thing this year, what would it be?
- What's on my goal list that I don't actually care about?
- What am I not putting on my list that secretly matters most?
- What goal am I avoiding because it scares me?

Obstacles & Support:

- What's most likely to derail me?
- What got in the way of my goals last year?
- What support do I need to succeed?
- What resources do I need that I don't have?
- What will I need to say no to?

The Honest Questions:

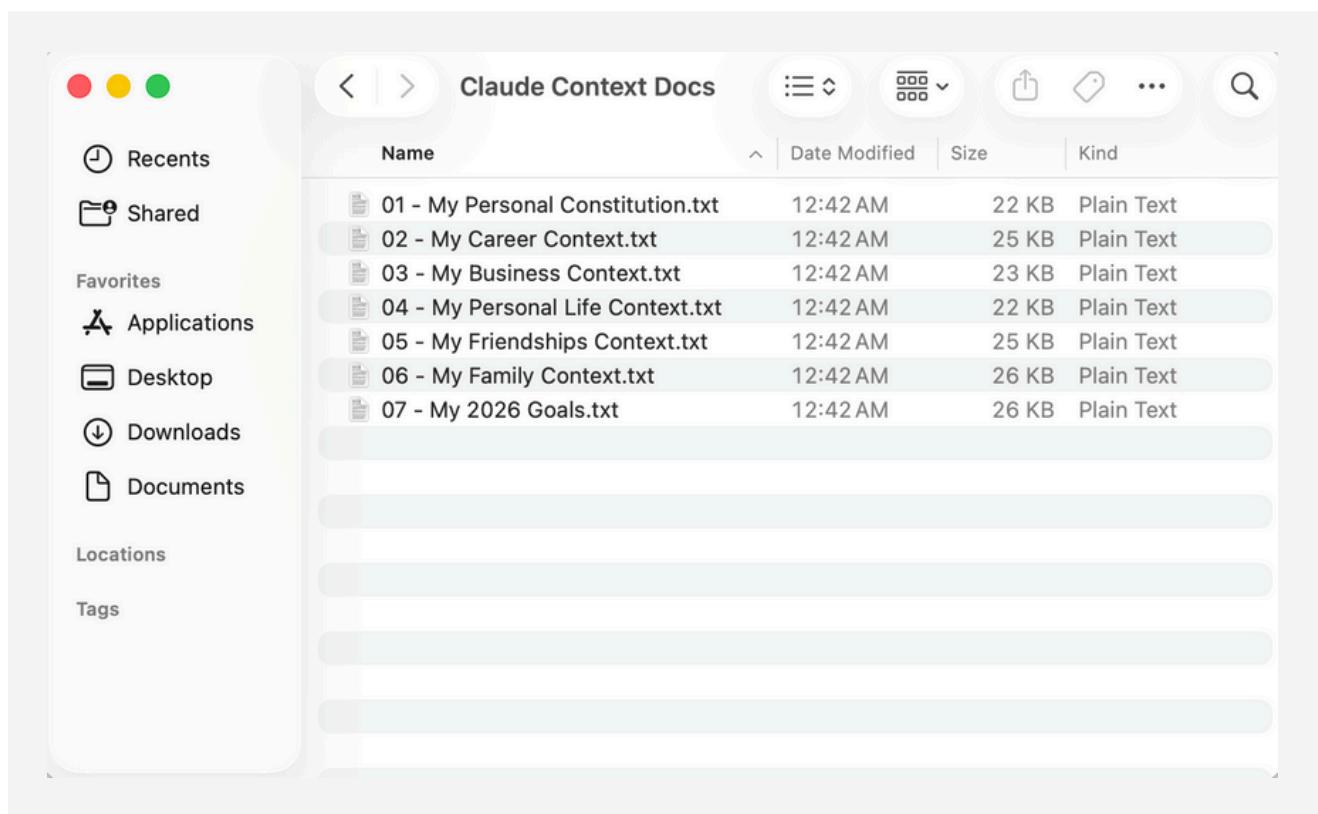
- Which goal am I most likely to self-sabotage?
- What do I want this year that feels embarrassing to want?
- What am I telling myself I want but don't actually?
- What would I regret not doing by December 31?

Please start the interview now.

Sample Folder and Files

Work with AI to create the vault, then maintain the vault in an easy-to-find folder. Update as needed, at least once per year.

CONTEXT VAULT SCREENSHOT ON COMPUTER



How To Use Your Context Documents

You've built something valuable. Here's how to use it.

SAVE EACH CONVERSATION

01

After completing each interview, save the conversation (I like renaming it '**MASTER ALLIE CONSTITUTION THREAD**' or something similar), or export the document that AI created for me. Keep these somewhere you can easily access them—a notes app, Google Doc, or folder on your desktop.

REFERENCE BEFORE DEEP WORK

02

When you need AI help on something substantial, start by sharing the relevant context document or asking AI to dig up your old conversation thread. Say: "I'm sharing my [Career/Business/Personal] context document. Please review this before we begin." or "Should I do X or Y? Talk me through my options. Reference my Business Context Doc in my 'Claude Context' folder." or "Please leverage the MASTER OPEN MACHINE THREAD to best understand my business for this question." Then ask your question. The difference in response quality will be immediate.

UPDATE REGULARLY

03

Your life changes. Your context documents should too. Preferably every quarter, but at least once a year, revisit your most-used documents. What's different? What's outdated? Run through the prompts again or just update the key sections.

COMBINE CONTEXTS**04**

Even more magic happens when you stack contexts. Need help with a career decision that affects your family? Share both Career and Family documents. Working on 2026 goals that span business and personal life? Give AI all three: your 2026, Business, and Personal documents. I predict more and more AI features that will allow for humans to merge their context in AI systems, ex: imagine merging an 'Allie Constitution' with a 'Justin Constitution' to think through a problem and solution that both of us need to agree on.

USE ACROSS PLATFORMS**05**

These documents work with any AI system. ChatGPT, Claude, Gemini—they'll all benefit from understanding you better. You can even share relevant sections with human advisors, coaches, or mentors. Heck, you could even kick up a thread about your dating life and use it to create a brand-new dating profile for yourself. Or turn them each into vision boards you can print out or set as your desktop with Gemini Nano Banana Pro for all-day inspo.

THE COMPOUND EFFECT**06**

Every conversation you have with AI after sharing context builds on itself. This is why memory is such a powerful enabler of value. The AI gets better at helping you. Your outputs get more relevant. Your time gets more valuable. You're not getting the generic AI responses everyone else is using. You're making it your AI.

**NOW GO BUILD YOUR VAULT.**

ABOUT THE AUTHOR

Allie K. Miller has been named one of the 100 most influential people in AI by Time and advises companies like Novartis, Samsung, Salesforce, Google, OpenAI, and Anthropic. With nearly 2 million followers, she is also the most followed voice on AI business. Previously, Allie built a multi-billion dollar business at Amazon as the Global Head of Machine Learning for Startups and Venture Capital at AWS, launched the first multimodal AI team at IBM, shaped national AI strategies, and taught AI as an instructor on MasterClass. Allie's groundbreaking insights on AI have been featured in *Forbes*, *Fortune*, *Wall Street Journal*, *Washington Post*, NBC, and more.

Also, she's addicted to context engineering.

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