

The AI Solopreneur

How to Bootstrap a Startup
Using Generative AI

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About Me



Software Engineer (The Builder)



Badminton Club Secretary (The Problem Owner)



Solopreneur (The Experimenter)



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Setting Expectations

- ✗ My goal **isn't** to convince you to work alone
- ✓ It's to share a **workflow** that unlocked speed
- ✓ It's about **leverage**, not hustle

"Take what's useful. Adapt the rest."

The Word **Solopreneur**

so•lo•pre•neur *noun*

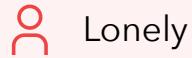
"A person who sets up and runs a business on their own."



"What comes to mind when you hear this word?"

The Reality Check

When we hear "Solopreneur", we usually fear this:



Lonely



Hustle Culture



Burnout



Toy Apps

A Better Definition

A Solopreneur is someone who:

-  Owns the **Vision**

-  Makes the **Decisions**

-  Delegates to **Systems**

Architect > Bricklayer

The Old World

 Find a co-founder

 Assemble a full stack

 Months before launch

 **High Friction**

The New World

 Start alone

 Cognitive Offloading

 Days to launch

 **High Leverage**

Monday. Tuesday. Wednesday. Friday. Repeat.

This list of groups wasn't my social life.
It was my **Manual Database**.



The Problem:

I was manually routing data
between 4 different groups.

I wasn't an Architect.
I was a tired admin.

The screenshot shows a mobile application interface for a community named "Smashers community". At the top, there's a profile picture of a person playing badminton and the text "Smashers community" followed by "Community". Below this, there's a section titled "Announcements" with a green megaphone icon. A recent announcement from "08/10/2025" says: "Hello everyone, here is the safeguarding policy for Smashers...". Under "Groups you're in", there are five listed groups, each with a small profile picture and a timestamp. The groups are: "Smashers Badminton Club" (15/12/2025), "Smashers Rugby League" (Friday), "Smashers Visitors" (Friday), "Smashers Captains" (Thursday), and "Committee Smashers" (16/12/2025). The last group, "Smashers 2", has a blue square icon with the number "2" and a notification bell icon.

Group	Last Activity
Smashers Badminton Club	15/12/2025
Smashers Rugby League	Friday
Smashers Visitors	Friday
Smashers Captains	Thursday
Committee Smashers	16/12/2025
Smashers 2	15/12/2025

The Question I Had

Could I build something:

 Just for **this** problem

 Without a **team**

 Without **months** of work?

**The answer wasn't "Better Prompts".
It was a Workflow.**

The AI Solopreneur Workflow

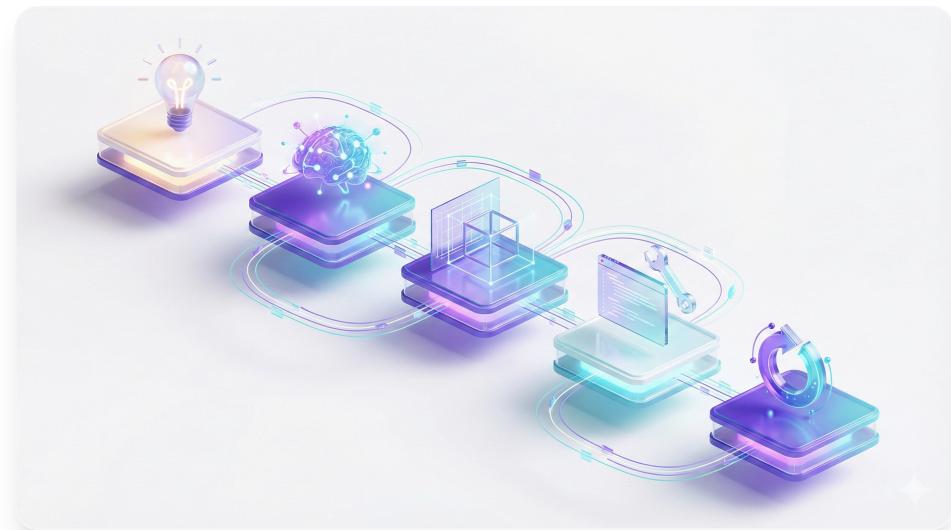
- 1  Capture **Intent**

- 2  Externalize **Thinking**

- 3  Define **Structure**

- 4  Delegate **Execution**

- 5  Tight **Loops**



Step 1 & 2: Clarity (Intent & Thinking)

 AI Role: Product Manager

Intent

Start with the pain.

"Managing sessions across different groups is chaotic."

"Tracking visitors slots availability and payments is a nightmare."

Thinking

Use AI to interrogate you.

- "What happens if a visitor cancels?"
- "Do members get priority?"
- "How do you handle refunds?"

Step 3: The Architecture



AI Role: Lead Architect

We mapped the reality:

-  **Entities** (Players)
-  **Flows** (Schedule)
-  **Boundaries**



Deep Dive: The Captain's Nightmare

The Pain

- 💬 Captains manage teams on WhatsApp.
- ❓ "Who is available?"
- ❗ "Did I pick 4 or 5 players?"

The Goal

Squad Selection Matrix

Step 3.1: The Flow (Logic)

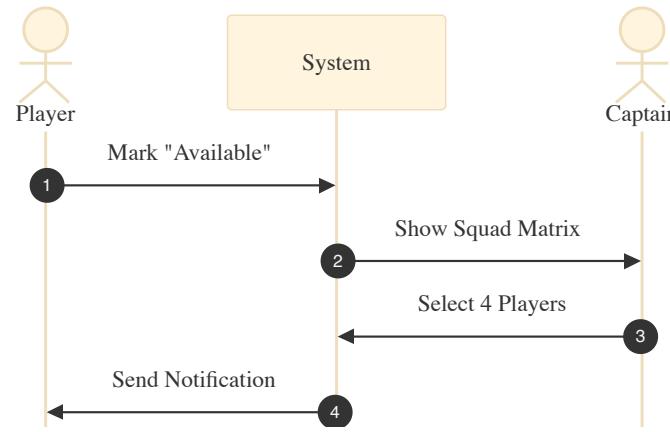
AI Role: Business Analyst

THE PROMPT OUTPUT

```
sequenceDiagram
    autonumber

    actor Player
    participant System
    actor Captain

    Player->>System: Mark "Available"
    System->>Captain: Show Squad Matrix
    Captain->>System: Select 4 Players
    System->>Player: Send Notification
```



Step 3.2: The Blueprint (UX)

AI Role: UX Designer

The Prompt:

"Generate an ASCII wireframe for squad selection by a captain."

```
+-----+  
| CAPTAIN'S SELECTION          (4 SELECTED) |  
+-----+  
| v AVAILABLE (4)  
| [x] Mike Ross  
| [x] Harvey Specter           (C)  
| [x] Louis Litt  
| [x] Jessica Pearson  
| [ ] Rachel Zane  
|  
| x UNAVAILABLE (1)  
| Donna Paulsen  
+-----+  
| [ Save Draft ]   [ ANNOUNCE TEAM > ] |  
+-----+
```

Step 3.3: The Design System

AI Role: UI Specialist

I didn't open Figma. I wrote a **Design Spec** in `AGENTS.md`.

```
# AGENTS.md > FRONTEND GUIDELINES

1. Technical Implementation (Shadcn/UI & Tailwind):
   - Fonts: `Oswald` (Headers) + `Inter` (Body).
   - Theme Configuration (globals.css):
     - --primary: Volt Green (#39FF14). ← "The Brand"
     - --background: Dark Navy (#0F1115).
     - --radius: 0.5rem.

2. Visual Rules (STRICT):
   - Texture: Radial Gradient Background (32px grid).
   - Dark Mode: Volt Green Text on Dark Navy Cards.

3. Status Colors:
   - Destructive: #FF3333 (Red).
   - Chart: HSL(220 70% 50%) (Blue).
```

Step 3.4: The Data Contract



AI Role: Backend Architect

The Database (Drizzle)

```
// db/schema/team.ts
export const teamRoster = sqliteTable('team_roster', {
  id: text('id').primaryKey(),
  teamId: text('team_id').references(() => teams.id),
  userId: text('user_id').references(() => users.id),
  isCaptain: integer('is_captain', { mode: 'boolean' }),
  selected: integer('selected', { mode: 'boolean' })
});
```

The Interface (tRPC)

```
// api/routers/teams.ts
export const selectTeam = protectedProcedure
  .input(z.object({
    fixtureId: z.string().uuid(),
    // The contract forces an array of User IDs
    playerIds: z.array(z.string().uuid())
      .min(1)
      .max(12)
  }))
```

Step 4: Execution (The Build)

AI Role: Full Stack Dev

I didn't copy-paste context. I just said: "**Implement Task 4.**"

AntiGravity Agent read the **Spec**, **Schema**, and **Wireframe** directly from the repo.

```
// router.selectTeam
export const selectTeam = protectedProcedure
  .input(z.object({ fixtureId: z.string(), playerIds: z.array(z.string()) }))
  .mutation(async ({ ctx, input }) => {

    // Atomic Transaction: Reset → Select → Notify
    await ctx.db.batch([
      // 1. Reset current selection
      db.update(attendance).set({ selected: false }).where(eq(fixtureId, input.fixtureId)),

      // 2. Set new selection
      db.update(attendance).set({ selected: true }).where(inArray(userId, input.playerIds)),

      // 3. Trigger Webhooks
      notifyTeam(input.playerIds, "You have been selected for the match!")
    ]);
});
```

23:33



Safari



Smashers

Step 5: Tight Loops

⌚ The DevOps Loop

💬 User Feedback



🤖 Auto-Issue Created



🤖 AI Triage & Fix

👤 DevOps Engineer

📢 The Growth Loop

🚀 Feature Shipped



📄 AI Drafts Blog



🎥 AI Video Script

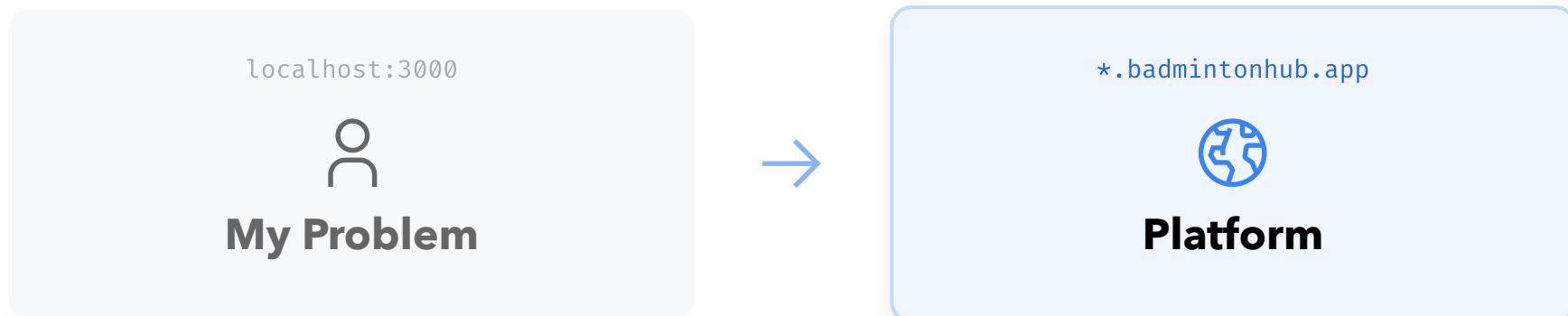
👤 Growth Marketer

The Pivot: Accidental SaaS



AI Role: Platform Lead

- ② **The Request:** "Can we use your app for our club?"
- ❗ **The Fear:** "I can't maintain two codebases."
- </> **The Solution:** "Don't copy the app. Multi-tenant the db."





BADMINTONHUB

DESIGN YOUR CLUB

Customize the look and feel of your workspace.

Club Name
Notts

Your URL: notts.badmintonhub.app

Available! Lets build it.

Where are you located?
Nottingham

Choose a Theme

Selected: **Neon Night**

CLAIM THIS CLUB

LIVE PREVIEW

9:41

NOTTS
Nottingham

NEXT SESSION **CONFIRMED**

SOCIAL SESSION
TOMORROW • 2 HOURS

STARTING IN
23 Hours

Wednesday, 7:00 PM
Sports Hall A

JOIN NOW

The Assessment (ROI)

AI Role: CFO

THE SETUP COST



TIME INVESTED

4 Weeks

Part-time (Nights & Weekends)



MONEY INVESTED

\$0*

Running on Free Tiers, so far

"I built a production SaaS for the cost of a domain name."

The Key Insight

AI didn't just write the code.

It unlocked Founder Mode.



The Skill Shift

↓ Value Dropping

Syntax, Boilerplate, Memory

↑ Value Rising

Taste, Judgment, Empathy



Guardrails

- 🛡️ **Trust, but Verify** (AI writes, You review)
- ⟳ **Iterate, don't Hallucinate** (Small scopes prevent errors)
- 🚀 **Ship to Learn** (Real usage > Perfect code)

A Reality Check

Might not be a unicorn.

Might not retire you.

It solves *your* problem.

HAVING IDEAS BUT GETTING STUCK



SHIPPING THE PRODUCT



Final Thought

~~“The One-Person Billion Dollar Company”~~

One Person. Unlimited Vision.

The limit is no longer your hands.
It is your imagination.



AI Role: Ghostwriter

(Resources)



Get the Resource Kit

Slides & Prompts



The Slides (ai-solopreneur.pages.dev)



The Prompts



BadmintonHub.app

The Stack

Antigravity

Gemini CLI

Gemini 3 Pro

Repomix

Claude Code

Better T Stack

CloudFlare

Github

Resend

Slidev

Thank You!