



# Notes

Jan 8, 2026

# J & K

Invited Justin Germishuys Kiyasha Singh

Attachments 📎 J & K

Meeting records 📄 Transcript 🎙️ Recording

## Summary

Justin Germishuys opened the meeting by outlining the agenda, which included recording an explanation of cyborg habits for a video and then setting up Kiyasha Singh's automations, noting that Kiyasha Singh also mentioned a significant wish list from the DAB meeting. Justin Germishuys presented the 15-day cyborg habits program, which focuses on behaviors and utilizes AI as a "thinking partner" through quick daily challenges done "in the flow of work," emphasizing immediate impact and participant reflection. Despite network issues and computer slowness, Kiyasha Singh, guided by Justin Germishuys, successfully set up a new project in Cursor to create a skill for generating blog posts from transcripts, resulting in a satisfactory draft and confirming the process used for creating sub-agents.

## Details

*Notes Length: Standard*

- **Meeting Agenda and Overview** Justin Germishuys confirmed that the meeting's initial focus would be on recording himself explaining cyborg habits for a future explainer video, expecting it to take five to ten minutes ([00:00:00](#)). Following this recording, the discussion would shift to setting up Kiyasha Singh's automations, which Justin Germishuys estimated would also take around five to ten minutes ([00:02:53](#)). Kiyasha Singh reported that the DAB meeting had generated "quite a few things on the wish list" that would be "interesting" ([00:00:00](#)).

- Cyborg Habits Explanation and Features** Justin Germishuys presented cyborg habits, contrasting it with traditional learning by focusing on behaviors rather than skills and knowledge consumption ([00:04:37](#)). The program emphasizes using AI as a "thinking partner" instead of just a tool, citing the "explain it habit" as an example of making accessible explanations available on demand ([00:06:10](#)). Justin Germishuys explained that this accessibility, even for simple concepts, can significantly enhance understanding for individuals and organizations over time ([00:07:47](#)).
- Cyborg Habits Program Structure** The cyborg habits program lasts 15 days, with daily challenges taking 5 to 10 minutes and done "in the flow of work," allowing for immediate real-world impact ([00:09:14](#)). Participants typically receive an initial reminder two days before the first challenge, followed by an invitation email to the platform on the subsequent day to complete a pre-program survey ([00:11:09](#)). The platform includes an introductory video, progress tracking, and explainers for individual habits. Challenges, such as the "explain it challenge" coupled with the "improve it challenge," are simple, and participants mark them as complete and are strongly encouraged to share a reflection to reinforce the habit-building experience ([00:12:25](#)). A follow-up survey is conducted at the end of the 15 days to check for increased frequency in using the developed habits ([00:13:48](#)).
- Setting Up Kiyasha Singh's Automations** Kiyasha Singh noted network issues during the transition to setting up automations ([00:15:35](#)) ([00:20:36](#)). Justin Germishuys intended for Kiyasha Singh to share their screen and be guided through the setup ([00:02:53](#)) ([00:15:35](#)). After encountering issues with VS Code being uninstalled and a slow computer, Kiyasha Singh proceeded using Cursor, noting that the IDE sometimes crashes with complex tasks ([00:16:59](#)). Justin Germishuys mentioned a personal project to build a restricted "kitty's GPT" for their five-year-old nephew, restricting topics and avoiding overly human tones to prevent anthropomorphizing the AI ([00:19:15](#)).
- Creating a Blog Skill with Claude Code** Kiyasha Singh created a new project folder and opened the terminal in Cursor, confirming they had prior experience with the process ([00:23:38](#)). Justin Germishuys guided Kiyasha Singh to create a skill for writing blog posts from transcripts, specifying constraints like a non-super casual but not formal tone, a maximum length of 600 words, and the instruction not to question the reader's intelligence ([00:24:53](#)). They demonstrated how to apply the skill using a transcript and discussed that the same process is used for creating sub-agents ([00:27:09](#)) ([00:29:52](#)). The resulting generated blog post draft, titled "Why lying might be your secret

innovation superpower," was reviewed and deemed satisfactory, meeting the prompt requirements and tone ([00:28:13](#)) ([00:32:15](#)).

## Suggested next steps

- ☐ Justin Germishuys will take the transcript and polish it to get an AI voice to do the explainer while running through some stuff.
- ☐ Kiyasha Singh will bring the sister to address the network issues.
- ☐ Justin Germishuys will build a kitty's GPT for the nephew that restricts a lot of topics and will not use an overly familiar human tone or voice.

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# Transcript

Jan 8, 2026

# J & K - Transcript

00:00:00

**Kiyasha Singh:** Hi K.

**Justin Germishuys:** Hi Kia.

**Kiyasha Singh:** Hi. Where are you?

**Justin Germishuys:** I'm all right. Thank you.

**Kiyasha Singh:** I'm all right there.

**Justin Germishuys:** Okay. Why is that happening?

**Kiyasha Singh:** Why is What happening?

**Justin Germishuys:** I just got feedback for a moment, but it seems to be gone now.

**Kiyasha Singh:** Okay.

**Justin Germishuys:** Cool. How was the DAB meeting?

**Kiyasha Singh:** Uh there is quite a few things on the wish list that's going to be a bit

**Justin Germishuys:** Okay. Um,

**Kiyasha Singh:** interesting.

**Justin Germishuys:** just needing to So I was just working on the correlation thing and so I decided to set up a skill for prototyping so that as it prototypes everything, it remembers some of the things I wanted to remember and uh uses consistency across the prototypes. Um, we'll see how that works. So, today, basically,

**Kiyasha Singh:** Okay.

**Justin Germishuys:** there are two things I want to do. I basically just want to record myself saying what I would say to somebody for cyborg habits. And that's maybe going to take five, max 10 minutes, probably not more than that.

00:02:53

**Justin Germishuys:** Once that's in the transcript and I can get it out after this meeting and then do with it what I want to make the explainer. Um, and maybe in order to do that I should actually bring up cyborg habits. Um, so that's Justin. And then after that we can um Oh, we haven't changed the videos inside Cyborg Cabinets yet. All right. Um, okay. So, I thought I could do that and then I can always redo the screen share to get my voice doing the demo properly. And then once I'm done with that, we can talk a bit about setting up your automations. I think um you should probably already be like mostly the way there. I can't imagine that it's I we only need

about 5 10 minutes for that just so that I can show you. But I want you to do it and show me as I talk you through it. I don't want to just show

**Kiyasha Singh:** I was

**Justin Germishuys:** you. All right. Okay, cool.

**00:04:37**

**Justin Germishuys:** So then we're ready to go when I'm done with this part. All right. So I'm going to share my screen and then I'm going to pretend like you are a foreign audience. Okay, sharing. Okay, cool. So before we get to a demo of cyborg habits, I'd really like to share what makes cyborg habits different from traditional learning. And the first obvious thing is that cyborg habits is focused on behaviors instead of skills and knowledge. So, the first thing to note is that cyborg habits won't require you to sit and consume a lot of dry content or remember anything or to work on any skills that you don't already have. It's quite the contrary. It focuses on some things that you can already do, but that you just don't necessarily do frequently enough to get the most value and productivity out of AI. And for many people when they use AI, they see AI as simply a tool. You decide what AI needs to do and then it goes and does it.

**00:06:10**

**Justin Germishuys:** and it's mostly focused on getting AI to write an email or do a search, something in that vein. With the behaviors that we focus on in cyborg habits, the focus is on using AI as a thinking partner. To give you an example, I'll focus on one of the habits, a very simple one, and it's the explain it habit. And the idea behind that is that for the first time in human history, anyone anywhere who has at least a phone can get an accessible explanation on demand. And this might seem quite small, but imagine, well, let me just quickly go back and ask this question first. Have any of you experienced what it's like to be in a meeting or in a classroom and somebody says something and you have no idea what they mean? And often you feel awkward and so you don't speak up. You don't put up your hand. You don't ask. And so you don't know. Or you do ask, but the explanation you get doesn't make any sense to you.

**00:07:47**

**Justin Germishuys:** Everybody else is nodding as though they understand, and you

just feel too awkward to ask a follow-up question. All of that disappears with AI. So imagine how many things how many explanations you have not gotten in your life because it was either too awkward to ask or you couldn't find a good explanation or it was just generally too much effort. It just took too long. Even with Google, you could go down rabbit holes and you just find SEO content, not stuff that you actually want to know. So something as simple of that as that when you think about it at scale, if you think about doing it every day without ever having to feel awkward, you can ask for an explanation. You can ask for it in terms of Lego. You can ask for it as a 5-year-old, as a 10-year-old. And if you want it really simple, you can ask it to explain stuff to you like a CEO. Now, imagine you can get that every day, the moment you don't understand something, you can get an accessible explanation and not just for one day, but for months and years.

**00:09:14**

**Justin Germishuys:** How much more would you grasp as a result of that? Now imagine scaling it up to your department or even to a whole organization. An organization where everybody just understands everything a little bit better. And it's just not it's not necessarily just concepts. It can be briefs, requests, proposals, admin documents, policies, anything. Imagine how significantly differently that organization can perform with increased understanding and improved quality of communication. But everyone can do it. Everyone can ask for an explanation. And that's just one of the habits. All of the other habits are similar. There are things you can do, but if you adopt the habit and do it frequently and if the people around you adopt it, it can massively transform your performance and your environment and your results. So from here, let me just quickly show you what cyborg habits looks like and also what you can expect when we start to roll out. So usually cyborg habit starts about um 2 days before I suppose let me just clarify the nice thing about cyborg habits relative to traditional learning is that because it's just focusing on things you can already do every day is just a challenge that is done in the flow of work that can take you between 5 and 10 minutes.

**00:11:09**

**Justin Germishuys:** It depends on what you bring to the challenge. And so, and because it's in the flow of work, you get to experience immediately what the real world impact is. It's not like you have to go off and do some abstract thing in a classroom and then you come back and then you never have a chance to apply it to



your work. Cyborg habits is 5 to 10 minutes a day focusing specifically on these habits and it runs for 15 days after which you will have started betting down many of the cyborg habits that we will look at. And so typically the program starts about 2 days before you get your first challenge. just be a reminder that Cyborg Habits is coming. Then the following day, you'll get your first email in your inbox inviting you to come onto the platform with a link that brings you there. And on that first day, you'll be required to do a survey just to see how frequently you're already exhibiting the skills that you are the the cyborg habits that we're um we're focusing on.

00:12:25

**Justin Germishuys:** And you can watch an introductory video that will remind you what cyborg habits is and what you'll be covering throughout the program. So, when you arrive in Cyborg Habits on that first day, this is what you'll see the initial video. You'll be able to click through here to do your survey. Underneath here, you'll see your progress. And if you're interested, you can look at individual explainers for the individual habits if you'd like a little bit more depth. So, typically you would do the pre-program survey and then on the day after that, the first working day after that, you'll get your challenge. And it's very simple. It starts off with what the challenge is, what you might discover when you do the challenge, and then it's very simple. And as you can see here, it's the explain it challenge, and it's coupled with the improve it challenge. As you can see, the challenge itself is quite straightforward. When you're done with a challenge, you come back and you simply mark it as complete. Once you've completed both challenges as complete, it'll bring you down to an area where you can share your reflection.

00:13:48

**Justin Germishuys:** This is a very important component. While sharing a reflection in the platform is not mandatory for completion, we do strongly encourage you to share it here. We do recognize that sometimes you will have an experience and you'll reflect on it in the shower or while you're driving. So you can't always time your reflection, but whatever pops into your head, if you can come back and share the reflection, it's a great way to reinforce the habit, the habit building experience that we've created. And it's really not more complicated than this. Every day you'll get an email bringing you back in to do this for 15 days. And at the end of that, you will be invited to do another survey just to see if you are more frequently using the the habits that we've been trying to develop. And that is that nothing more complicated.

So there's nothing to be um intimidated by at all. Cool. Ask if you have any questions. I hope that's going to that comes out across like probably not brilliantly but fine if this were a live thing.

**00:15:35**

**Justin Germishuys:** So, I'll probably have to just take this transcript and polish it and then just get an AI voice to do it while running through some stuff. Um, cool. Now, let's talk about your

**Kiyasha Singh:** Okay.

**Justin Germishuys:** thing.

**Kiyasha Singh:** Um I think my network is dropping a bit because either you are freezing or it's my network. It's just not really okay.

**Justin Germishuys:** Uh, right now it seems to be going fine.

**Kiyasha Singh:** So then strange um yeah so um you mentioned that you would share your screen and then I would be working

**Justin Germishuys:** No, no. You share your

**Kiyasha Singh:** Oh, okay.

**Justin Germishuys:** screen

**Kiyasha Singh:** Um,

**Justin Germishuys:** and then

**Kiyasha Singh:** I'm not sure if I'm sharing the right thing.

**Justin Germishuys:** Yep. Okay. So you are in where are you

**Kiyasha Singh:** Uh code

**Justin Germishuys:** now?

**Kiyasha Singh:** code.

**Justin Germishuys:** Okay, you can work through here. That's totally fine. Uh it's easier if you go to VS Code though and you open Claude

**Kiyasha Singh:** Okay. Uh yes.

**00:16:59**

**Justin Germishuys:** there.

**Kiyasha Singh:** Okay. This will be very interesting because I can't seem to find it and I might have uninstalled it.

**Justin Germishuys:** Cuz

**Kiyasha Singh:** Is it fine if I use cursor?

**Justin Germishuys:** the thing is that yeah, nothing stopping you from doing that. Go

for it. I started using clawed code inside cursor. Now the problem is that cursor's IDE keeps crashing if claude code gets too does anything too complex. Um and then you have to start again by saying claude hyphen continue and then we'll pick up where the interruption occurred.

**Kiyasha Singh:** H just sorry for the wait. My computer seems to be really slow and I'm just trying to close as many tabs as possible.

**Justin Germishuys:** No worries. While you're doing that, I'll just um

**Kiyasha Singh:** Okay. So, we starting off fresh.

**Justin Germishuys:** All right, let's do that. My nephew, despite parental controls on his little laptop, he discovered that he can get into co-pilot and then use it without supervision. Unfortunately, his computer is like super slow and he can't the the speech to text doesn't work so well.

**00:19:15**

**Justin Germishuys:** So, it's like kind of limited.

**Kiyasha Singh:** Oh.

**Justin Germishuys:** But now I realize that um I have to build him a kitty's GPT to restrict because he wants he wants it and he's going to find it uh one way or another. Um, but I want to make one that restricts a lot of topics obviously because he's five and that um will not use an overly familiar like human tone or voice. Um, so that he doesn't start to anthropomorphize the thing.

**Kiyasha Singh:** He's very intelligent. He's very intelligent.

**Justin Germishuys:** And weird weird weird weird.

**Kiyasha Singh:** Okay.

**Justin Germishuys:** Are you sharing your screen?

**Kiyasha Singh:** Yes. Is it not

**Justin Germishuys:** Oh, no. No. I'm seeing it here. But why is it showing it to me? Oh, wait. Hold on. Oh, okay. There we go. Where are you now? You're in cursor.

**Kiyasha Singh:** Yes.

**Justin Germishuys:** Okay, you need to bring up the sidebar where you can see all the

**Kiyasha Singh:** Um,

**Justin Germishuys:** files.

**00:20:36**

**Kiyasha Singh:** how do I do that again? Nope.

**Justin Germishuys:** Maybe it's under view.

**Kiyasha Singh:** Mini bot.

**Justin Germishuys:** The primary sidebar it would be because you've got the M

**Kiyasha Singh:** And it's loading. Oh, it's been forever since I've been in Kos.

**Justin Germishuys:** Okay. But either way, you do need your folders on the side there.

**Kiyasha Singh:** Okay. Uh, later.

**Justin Germishuys:** Okay. You actually need to just make a project in a different You need to just make a a a project folder, otherwise you're going to make everything in your user folder.

**Kiyasha Singh:** Okay,

**Justin Germishuys:** So, um,

**Kiyasha Singh:** just create a new phone.

**Justin Germishuys:** if you just Is it too slow for us to do

**Kiyasha Singh:** I believe so. I think it's also network because I can't really see your face and I don't know

**Justin Germishuys:** this?

**Kiyasha Singh:** if you I think it's my network and it's the worst time for this happened. So, I do apologize. I will bring my sister for this.

**Justin Germishuys:** No.

**Kiyasha Singh:** I'm sure she's downloading something right now.

00:21:56

**Justin Germishuys:** I'm finding the layout very very odd. It's got you on the one side and me on the other side and your share screen in the middle which is not ideal.

**Kiyasha Singh:** So, this I can't see my thingy.

**Justin Germishuys:** Okay. So earlier when you were in the When you were in the view tab, you clicked menu, but you should have clicked primary sidebar,

**Kiyasha Singh:** Okay,

**Justin Germishuys:** I

**Kiyasha Singh:** let me see if I can try this

**Justin Germishuys:** think.

**Kiyasha Singh:** again.

**Justin Germishuys:** Yep, that's exactly the one it is. You might go control and B or something might work.

**Kiyasha Singh:** My co has closed. I'm trying to get it to open.

**Justin Germishuys:** you. Yeah, the thing is you just have to open it in a folder. Um, and you've uninstalled VS Code.

**Kiyasha Singh:** Uh yeah, I uninstalled it last year because my computer was slow again.

**Justin Germishuys:** All right.

**Kiyasha Singh:** And

**Justin Germishuys:** The thing the thing is that I could show you my screen,

**Kiyasha Singh:** yeah.

**Justin Germishuys:** but I've already shown my screen very often.

**00:23:38**

**Justin Germishuys:** But if you and I if you show me yours, then you will be set up when we're done, which

**Kiyasha Singh:** Um, can I just confirm?

**Justin Germishuys:** is

**Kiyasha Singh:** So, we're basically doing something similar to what we did what you showed me last year with regards to the making a skill and then having AI write the article.

**Justin Germishuys:** look, it Yeah, it doesn't have to even be the it doesn't even have to be a skill. Just put in the transcript and say, "Write me some stuff and make a to-do list." Like, that's already it's still manual in that you're still having to tell it to do it. But that's step one of the automation. So, we can hop off this call like genuinely. Um, okay. Where are you now?

**Kiyasha Singh:** I have opened a new folder and

**Justin Germishuys:** And you called it cyborg habit skills.

**Kiyasha Singh:** yeah,

**Justin Germishuys:** Uh oh. Okay, cool. Then you just open the terminal

**Kiyasha Singh:** control V. Nope. The you do see that this is missing.

**00:24:53**

**Kiyasha Singh:** Yep.

**Justin Germishuys:** at the top. Okay. Um Okay,

**Kiyasha Singh:** Show terminal.

**Justin Germishuys:** let me Okay,

**Kiyasha Singh:** Okay.

**Justin Germishuys:** now just type in Claude over there. Have you done this before? What I'm telling you now?

**Kiyasha Singh:** Yes.

**Justin Germishuys:** Okay. Uh so now what you can do is um ask do you have a skills skill?

**Kiyasha Singh:** So when we had the meeting last year where you shared your screen,

I was looking at the recording and trying to follow along and do it on my own.

**Justin Germishuys:** Yeah. Okay. Scroll up. Yeah. So, make a skill for writing blog posts from transcripts. Uh, it needs to not be super casual but not formal, but it should have a little bit of quirk. Um they should um not be longer than 600 not be longer than 600 words and they should have no never mind the rest. just um full stop. You fill in the rest.

**Kiyasha Singh:** Oh. Um, it should not uh question the reader's

00:27:09

**Justin Germishuys:** Okay.

**Kiyasha Singh:** intelligence.

**Justin Germishuys:** No,

**Kiyasha Singh:** Oh,

**Justin Germishuys:** no, it's fine.

**Kiyasha Singh:** okay.

**Justin Germishuys:** Like um I mean you can make thousands of these after we're done talking here. Now,

**Kiyasha Singh:** Okay.

**Justin Germishuys:** now all you do is you just put in a drop your transcript in

**Kiyasha Singh:** Uh,

**Justin Germishuys:** there.

**Kiyasha Singh:** new file, new folder. I'm not too sure where you add

**Justin Germishuys:** So,

**Kiyasha Singh:** it.

**Justin Germishuys:** um you have to usually on my Mac I just like copy and paste it directly in here. Like I just find where the transcript is and I just Ctrl C and Ctrl + V it in

**Kiyasha Singh:** Okay.

**Justin Germishuys:** here.

**Kiyasha Singh:** So, like the file path

**Justin Germishuys:** Uh no, not the file part, the actual file. Like I just copied the whole file and I just paste it on the side there cuz it just pasted into that folder. Anything that's in that folder is fine.

**Kiyasha Singh:** Okay.

**Justin Germishuys:** Oh, you've got it.

**Kiyasha Singh:** Yeah,

**Justin Germishuys:** Okay, cool.

00:28:13

**Justin Germishuys:** Then just go to allow access.

**Kiyasha Singh:** I did.

**Justin Germishuys:** Okay, I'm not seeing anything updating on your screen.

**Kiyasha Singh:** one. Can I please? No. Okay, I scrolled all the way up. Unless I hate when he does this. Why does he keep scrolling all the way

**Justin Germishuys:** Yeah, it does do this.

**Kiyasha Singh:** up?

**Justin Germishuys:** What I usually do is I keep claud open so that I can just see the file structures, but then I just go to the terminal because the terminal never crashes. Are you typing two or you

**Kiyasha Singh:** No, I'm pressing uh enter cuz it's on one

**Justin Germishuys:** know?

**Kiyasha Singh:** already.

**Justin Germishuys:** Okay. So, it appears to be doing it. Okay, that seems fine. Okay, so it seems it's already created the skill. That's fine. Simply say something. use the transcript to blog skill followed by a transcript. So you can just um click on one of those names for one of the transcripts and then you right click on it or whatever.

00:29:52

**Kiyasha Singh:** Welcome.

**Justin Germishuys:** Uh go copy path. Yeah. And then click in where you have just go control and C once or command and C. Oh, there we go.

**Kiyasha Singh:** Yes.

**Justin Germishuys:** And then um say comma use the um transcript to blog skill. Now obviously you can do a lot more than what we're looking at here but um that's basically it. And that's a skill. You do exactly the same thing for a sub agent. You say, "Look, I want a sub agent." The nice thing about Claude code now is it can create sub agents on the fly. So you you can just write a prompt. I would like you to generate five sub aents to tackle this task in parallel and then it just generates sub agents to each with their own context windows to do the task. And often that's very very quick compared often it is like agents are overkill in a lot of cases but yeah anyway you'll get used to it.

**Kiyasha Singh:** Okay.

**Justin Germishuys:** Okay. So, I'm not too concerned about what the output is now, but just do that for all the things until Okay, so scroll up.

00:31:22

**Justin Germishuys:** Let's read this. Okay. Why lying might be your secret innovation superpower? Here's a thought that'll mess with your Monday morning coffee. What if the ability to lie is actually essential for innovation? Not the dog ate my homework kind of lying, but the imaginative leap that lets you conjure things that don't exist yet. The idea hit differently after watching the invention of lying,

**Kiyasha Singh:** All

**Justin Germishuys:** where everyone in society can only tell the truth until one person discovers deception. But here's the twist. It's not really about deception at all. It's about imagination. From truth tellers to worldbuilders. In the film's world, people create scripts based purely on known facts. No aliens,

**Kiyasha Singh:** right.

**Justin Germishuys:** no dinosaurs, no what if scenarios. Creativity is essentially dead because no one can imagine beyond what already exists. Then the main character learns a lie and suddenly he can invent religions, ease people's fears, even save a friend from suicide. The bad part, lies create more questions, more lies to cover tracks.

00:32:15

**Justin Germishuys:** But the profound part, you can't invent something without first imagining something that isn't true. Think about it. Every innovation started as a lie about reality. What if we could fly? What if we could talk to someone on the other side of the world? These were all technically lies until someone made them real. The creativity explosion and the noise problem. Now scale this up. Imagine 100,000 more people suddenly gain the ability to rapidly prototype ideas even without innate design skills thanks to AI tools. What happens? The good explosive creativity, fast prototyping, ideas that would never have existed suddenly come to life. Different paths to success instead of everyone following the same tide playbook. The messy an absolute tsunami of noise. When you have 50,000 new good ideas flooding the market every month, how do you find the actually great ones buried in the mountain of mediocre? I would have said mediocrity. You can't manually sort through it all. The solution probably more AI this time as filters, but that creates new problems. How do we build filters that catch the right things and not the wrong ones? Sci-fi thinking is your Okay, so I think we already have a lot here. That's very good. That's exactly what I was saying.

**Kiyasha Singh:** It's like there's another Justin here.



**Transcription ended after 00:34:02**

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