📝 Notes

J & K

Invited Kiyasha Singh   Justin Germishuys

Attachments 📅 J & K   📄 J & K - 2025/03/03 11:09 SAST - Notes by Gemini

Meeting records 📄 Transcript

Summary

Justin Germishuys and Kiyasha Singh developed a Cyborg Skills platform using Cursor, Superbase, and Mailgun, focusing on a user-friendly design with gentle nudges instead of forced functions. The platform will feature a habit delivery system and a cyborg skills agent interface, with a React mockup to be showcased at Demo Day, highlighting progress despite lacking a fully functional product. The team also refined the introductory video script on Canvas, emphasizing habit-building and AI integration ease.

Details

- **Cyborg Skills Platform Development** Justin Germishuys and Kiyasha Singh discussed the development of a Cyborg Skills platform. They decided to use Cursor to build the platform ([00:01:28](#)), which will include a habit delivery system, a cyborg skills agent interface, and email integration using Mailgun for user engagement ([00:03:31](#)) ([00:05:54](#)). The platform will consist of a main dashboard with tiles representing daily activities, and detailed views for each activity. A key design principle is to avoid forcing functions unless absolutely necessary, opting for gentle nudging and visual cues instead ([00:08:10](#)) ([00:10:32](#)). Superbase will be the database used for user management and payment gateway integration ([00:11:41](#)).

- **Cyborg Skills Agent and Interface Design** They explored the functionality of the cyborg skills agent, which will suggest habits based on user input. The agent interface will clearly display which habit is being used and suggest the next habit,

allowing users to choose whether to follow the suggestion ([00:04:41](#)). They considered creating two interfaces: one for habit-specific activities and another for more general activities. The goal is to integrate habits in a way that users can blend them together depending on the task ([00:12:52](#)).

- **Demo Day Preparation** Kiyasha Singh expressed concern about lacking a complete demo for demo day. Justin Germishuys suggested showcasing their thinking and progress thus far, including a mockup of the platform's structure built using React ([00:14:29](#)). The mockup will include a dashboard with clickable tiles, detail pages for each activity, and a placeholder for a chat interface with an LLM ([00:15:48](#)). The demo should highlight Kiyasha Singh's skills and capabilities, even if the final product is not fully functional ([00:57:05](#)).

- **Course Introduction Script Refinement** Justin Germishuys and Kiyasha Singh collaboratively refined the script for the introductory video. They focused on making the language concise, avoiding overly long sentences and technical jargon ([00:21:53](#)) ([00:32:12](#)). They aimed to emphasize the program's focus on building productive habits, not just teaching new skills ([00:32:12](#)) ([00:48:57](#)). They used Canvas for collaborative editing ([00:29:32](#)), iteratively refining the script through discussion and feedback ([00:32:12](#)). The final version emphasizes the ease of integration of AI into daily life and the focus on building habits rather than acquiring new skills ([00:48:57](#)).

Suggested next steps

No suggested next steps were found for this meeting.

You should review Gemini's notes to make sure they're accurate. [Get tips and learn how Gemini takes notes](#)

Please provide feedback about using Gemini to take notes in a [short survey.](#)

J & K - Transcript

00:00:00

Justin Germishuys: Okay, sorted.

Kiyasha Singh: Yes.

Justin Germishuys: Well, amazing. Achievement unlocked.

Kiyasha Singh: Yes. Uh so today I think I will just finish up the video and also do some research for cursor and then tomorrow send you the video and then

Justin Germishuys: Yeah, that's

Kiyasha Singh: yeah

Justin Germishuys: fine. The reason I want you to learn cursor is because we need to build a delivery platform for this. And that's what you're going to build using cursor. I'll tell you how.

Kiyasha Singh: so I made a mistake today.

Justin Germishuys: Yeah.

Kiyasha Singh: I said an app instead of a delivery platform because I didn't know what we were going to call it

Justin Germishuys: For what?

Kiyasha Singh: in terms of where we delivering the cyborg course appra

Justin Germishuys: Who did you make that mistake with? And when you spoke to them.

Kiyasha Singh: Yeah. So in the morning we had the dab.

Justin Germishuys: Oh,

Kiyasha Singh: So they just asked what are we doing this week and I was like oh we're making the app for the course to be delivered on instead of that.

00:01:28

Kiyasha Singh: I'm sorry.

Justin Germishuys: it is an app.

Kiyasha Singh: Okay.

Justin Germishuys: I mean, what is an app really?

Kiyasha Singh: Yeah. I didn't want to say a website or

Justin Germishuys: Yeah. I mean, right now, we don't know. In all likelihood, this is what's going to happen. Uh, it doesn't matter what you call it. We're going to have some content and we're going to put them into cursor and we're going to say, "Hey, cursor, here's some content. This is what the course is about and this is what it's going to do." Now I want you to make some suggestions about how we can build something around this to deliver it considering that it's a habit change or a habit formation thing and we're going to need some login blah blah blah blah blah blah blah and we'll sort that out in a week and the thing that results is going to be an app website app platform platforms are web apps by the way. So, at this point in time, everybody's going to be confused about what it is until we show them something.

00:02:27

Justin Germishuys: I don't even know what we're going to get. Uh, in fact, I've been so impressed with um Claw 3.7 in Cursor's ability to build an entire freaking app. It is mindblowing. Like everything from user management to setting up your preferences, profiles, making all the pages that work perfectly. you know, we'll be able to put our agent into it.
Kiyasha Singh: Nice.
Justin Germishuys: So, remember last week we were talking about an agent. I'm also going to have you kind of work on the agent and kind of get your head around what it's doing. Um, with since Barbara is not looming anymore, uh, I can talk a little bit about that and then maybe it'll get my brain running a bit better for this. You're probably going to have to redo some of the videos a little bit because some of them have like elements that are not perfect. But I'm happy to upload a whole bunch of stuff and then give people give a few people early access for free just to start getting some traction.
Kiyasha Singh: Oh,

00:03:31

Justin Germishuys: And then we will progressively refine the videos and the content as weeks go by because we're at a we're basically just building an MVP or a minimal viable product, something that people can already start using, get value out of it. And if they're early users, we tell them, look, we're still working out the bugs. We just try to get something out quickly, so don't judge us too harshly. And then that's fine. And we'll

polish it that way. And if they make any kind of commit or soft commit to rolling this out, then that's fine. You know, there's possibly money behind it. Um, okay. So, regarding the cyborg skills agent, what we're going to do is probably also use cursor to build an interface after we've built the agent. And we'll say, look, you go in and you paste in something or type in something. It can be a goal, it could be a document, it can be whatever. The cyborg skills applies to everything. You know, it's useful no matter what you're doing, whether it's work, life, whatever.

00:04:41

Justin Germishuys: It just pushes your thinking further. Um, which is something we might might want to put in here. Then what it does is it'll say oh here are the seven habits. Which of these habits would most likely push thinking further? Okay, it is the explain it habit and we will have crafted the explained habit so that it you know does it in multiple levels of complexity right out the right off the bat. So somebody doesn't have to know whether they have to prompt it like explain it like I'm five. We can even have the agent say look this is who is using it you know maybe adjust it and then the agent will use the habit and the person it will be very clear using the explained habit now on the screen. So the interface is going to really let the user know which habit is being used and then what it will do is it will suggest the next habit and it will say do you want to apply this habit or do you want to select from one of the other habits.

00:05:54

Justin Germishuys: So the user can choose not to go with the suggestion. But what's happening is the habits are being presented to them over and over and over and over even if they're not doing the thinking. So if they use this for two weeks, they will know what all the habits are. They won't forget.
Kiyasha Singh: Okay.
Justin Germishuys: Um but also it'll help them with any thinking task by suggesting what to do next. That way they don't have to remember to use the habits ever. They can just use our interface in the cyborg and our app. We can connect it to cyborgskills.com which is a domain I own. So we can already do that. And I set up automatic emailing last week for pav. So I'll just do it again for cyborg skills. So basically mail gun allows us to set up an automatic emailing system. And I've been playing around with it and it's

freaking amazing.

Kiyasha Singh: It's called what?

Justin Germishuys: Mail gun. Mail gun. M A I L G U N. There are lots of services like that.

00:07:06

Justin Germishuys: Um but it the setup is a little bit more confusing like the first time you do it than I had anticipated. So I actually ended up spending a lot of time last week on it. But basically what we can do is we can connect that to cyborg skills and set it up so that when a user logs in it'll recognize when they last logged in or not that it'll take the email that they log in with and then it'll set up daily reminders for them to do something. So it says we see that you haven't logged in. please come back or um you know remember this is your challenge or here's a quick link to come back to the platform to continue your learning. So we can use email to to drive engagement with the product over time and so that's nice. It works quite well. Um so I need to just link that up to PV because what it will do in PV, it sends the PV report to whichever email you specify. So that's that's quite nice.

00:08:10

Justin Germishuys: So already that's going to be a thing. So there so I see the platform as having three parts. We're going to have the habit delivery where somebody will click in and there'll probably be a page where there are some tiles and it'll be like day one, day two, day three, day four, whatever, you know. um or activity one, activity two, just like set up on the screen possibly in a grid with pictures on them.

Kiyasha Singh: Can I make a suggestion?

Justin Germishuys: Yeah.

Kiyasha Singh: So for the other days, can it have like a little lock on it and then only once you complete the day itself then? Okay.

Justin Germishuys: Yeah. No, that that's totally fine. I mean, alternatively, people it's an open question. Do we want to enforce people doing them in sequence or does it not matter? Like can you do these activities in any sequence and

Kiyasha Singh: Okay.

Justin Germishuys: still get the benefit? If that's the case, then there's no need for us to

use a forcing function.

00:09:17

Justin Germishuys: So that's the read the design of everyday things. Like if you do get one book, you'll probably be able to find a PDF of the the latest version online somewhere or buy the book, whatever. Do whatever you need to do to get hold of that and prioritize reading it. Like even if you read it for 10, 15 minutes a day every day, you will be much better at all of this after you've read that book
Kiyasha Singh: the design.
Justin Germishuys: of everyday things by Donald Norman.
Kiyasha Singh: Oh, you have mentioned it before.
Justin Germishuys: Yeah, but now I'm mentioning it again with even more emphasis. Like if you can source it somewhere today, like do not delay.
Kiyasha Singh: Okay.
Justin Germishuys: In fact, immediately after this call, see if you can get it. Um, so a forcing function is basically something that prevents a user or forces a user to do something. They don't have a choice. And so a lock is a forcing function in the sense that um it removes choice from the situation.

00:10:32

Justin Germishuys: Forcing functions are incredibly important but only when used at the in the right time at the right place. Typically one of our design principles is to not prevent people from doing things differently. Okay. So, we can we can use gentle nudging like numbers. People naturally try to follow numbers. And we can change the shade of a tile to show that it has been completed. Or we can add an icon or something to say you've been through this once. We don't want to stop people from going back and looking at it again. Because the videos you it's almost like you'll have a page. It'll be separated into habits. So you'll have habit one, habit two, habit three. Almost like a Netflix style layout probably. Sounds good. Um, then you kind of go in when you click into a tile, you'll be able to see the video that we've created and it will then perhaps have something fancy that comes up with this is your challenge for today.

00:11:41

Justin Germishuys: Then the following day they're going to get an email that says please come back. they'll come back and it'll automatically give them a space in which to reflect on what they've done. And then that's going to save it's going to save all of this kind of stuff to Superbase. I've decided now that Superbase will be the the database that we use because it'll give us login user management. We'll also be able to integrate some um payment gateway with it. And so they'll go in do that. um do their reflection and then immediately it'll say okay we recommend you do the next thing now then they'll click be a one minute video today's like activity and that's it and then tomorrow they come in we can give them a little check box like did you complete this or didn't you complete it is it whatever the case may be and then What we will provide them with is whenever they're they do their activity, they can actually do their activity in the platform using the agentic system that we created.

00:12:52

Justin Germishuys: We can tell them they're free to go to chat GPT. But so we'll give them their challenge and then they we can say give them a button do your challenge now. They'll click through. It'll bring up our agent interface that recommends the habits. Although that's probably not right because you don't need it for that.
Kiyasha Singh: The challenges have the specific thingy there.
Justin Germishuys: Yeah, you're right. You're right. So that that was a little bit of a stupid point. Um so we need to maybe create two interfaces.
Kiyasha Singh: Oh, maybe we could come up with challenges that don't really have a specific set habit and then from there see what exactly they come up with.
Justin Germishuys: Yeah, I agree with you on that. So, we there's nothing stopping us from making generic activity where it doesn't specify what habit to use. It's like use the cyborg habits to do this and then you can use this interface. I think that will work really really well. So um I also had the idea before that we have habit specific activities but we need to create an integration effect where people are not just you thinking about habits as discrete things but as things to compose with you you blend habits or you mix them in different ways depending on what you're trying to achieve.

00:14:29

Justin Germishuys: Um, and then of course we will almost always want a devil's advocate occurring somewhere in in the loop. Okay, cool. So I think um we've got our first rough idea of what the platform will look like and how it will behave. Okay.
Kiyasha Singh: Um, can I ask?
Justin Germishuys: Yeah.
Kiyasha Singh: So, today we have a demo day and I'm not too sure what is going to be demoed because I don't have anything on my end that I can show them.
Justin Germishuys: Yeah. So I think with demo day we perhaps just need to showcase our thinking. Um so in this video
Kiyasha Singh: That's
Justin Germishuys: we in this chat we um spoke a little bit about how it should look. So um let's let's speak it into this video and then I want you to try something a little bit later which you can talk to speak to. Okay. So I'm going to make a big announcement for AI sake and this announcement is this segment that is about to begin will be roughly the specs for a mockup for the platform that we're going to use.

00:15:48

Justin Germishuys: We're going to just do it with React. And essentially what it will do is we're not going to worry about login at this point in time or any database stuff. So we're just going to assume that somebody's logged in and they arrive on this page. The page that we want to build is a page that says cyborg skills at the top and um it has some tiles and you'll put in some of the names of your challenges. So you'll put in a list of your challenges here in square brackets and then what it's going to do is it's going to create tiles that you can click into. Uh for now we don't have to worry about images. We just want to get the structure. Um you'll click through maybe just make the first tile active. It clicks through to a page where at the top it'll say the explain it habit. It'll have a little placeholder in the top where you can watch a video and then you can maybe add a button where you say click here to get challenged.

00:16:56

Justin Germishuys: The challenge then comes up where it's the challenge card and then

um there's maybe a button that says do challenge now. You click on the button and it takes you to a page where it's kind of like a chat box that you would chat to an LLM with. Um, and then there's also going to be a button at the top that says, "Okay, rem return to dashboard," which will take you back to that initial page with all of the tiles. Right? The chat box just needs to be styled. So, it needs a place where the chat will display and the input put box. But none of this needs any functionality behind it. It's it's just basically dummy for now. Um, then take basically everything that I have just said. So, this is the end of spec. Take this, plug that into cursor. Make sure that it's in agent mode and that you've set it to c um, sonnet um, 3.7 and then just hit run.
Kiyasha Singh: Okay.
Justin Germishuys: And then just make sure that you install everything it tells you to install.

00:18:09

Kiyasha Singh: Okay.
Justin Germishuys: And hopefully within 20 minutes you'll have something.
Kiyasha Singh: If I'm struggling, can I message you?
Justin Germishuys: Yeah, please do. Um, okay. Let's get back to this script. Um,
Kiyasha Singh: Um, before we continue, can I just I hear a lot of rain, so I want to make sure it's not leaking inside.
Justin Germishuys: sure.
Kiyasha Singh: Okay, I'll be back. Okay.
Justin Germishuys: Okay. Um, I think there there's one or two ways. I think it's better that you participate in this
Kiyasha Singh: Okay.
Justin Germishuys: though sometimes I don't do as well with an audience. But let's let's come back to it. Okay. So now we'll work on the script. So in this transcript you'll have that section that says you know spec for platform. Do that. Don't overengineer it. Just if Claude follows that section, if you take this transcript, plug it in somewhere, just extract the bit where I explain that, plug that into Claude Sonnet or cursor, have it build the React app, then I think it'll be good to go.

00:19:51

Justin Germishuys: And then you can just look at it um and see whether it looks good. And if you have a little bit of time, nothing stopping you from taking. So, typically when you build a React app, it'll have a section where you can put like assets. You can just say, "Hey, can you tell me where to put these assets?" And then you can take a couple of, you know, cards or whatever or images and stick it in there and tell it to put it in various places if you want to. Uh, but you don't have to go that far for today's demo.
Kiyasha Singh: Okay.
Justin Germishuys: I think um Allison and Barbara just need to know that you can get this over the line super quickly. Um I know that we're like probably about a week delayed on this. Um but that's how it goes. It's very rare for anybody to be like 100% on time with these things because we don't know what we don't know. And I can't always anticipate when I'm going to be unavailable or just like unable to remove bottlenecks.

00:20:52

Justin Germishuys: I met with Allison and Steven in Cape Town on Friday, which is why I was out most of the day and why I couldn't meet with you. Um, so that that kind of like strategy work is also important even if I'm not helping move any specific thing forward. Okay, so let's I'm going to spend maybe another five 10 minutes on this and then I really probably have to get to something else. Okay, can you see my screen?
Kiyasha Singh: Uh, this account.
Justin Germishuys: Okay. All right. So, let let me just read it out loud. Do you ever read these things out loud to yourself? Are you in a space where you can do that?
Kiyasha Singh: Yes, I can. But
Justin Germishuys: Okay.
Kiyasha Singh: sometimes I don't. Like I was just reading the part where I just paste it in and it just sounded really bad. So I'm now trying to take the top and the bottom and try to like
Justin Germishuys: So, let's just read it and just get a sense of how bad this is.

00:21:53

Justin Germishuys: Okay, welcome to cyborg. Welcome to the cyborg habits course.

This isn't a traditional course where you sit through hours of lectures or complete tedious assignments. Instead, it's focused on building productive habits that help you make better decisions and solve problems more effectively with AI extending your abilities. That sentence is a bit long, but I prefer it. You had a hyphen there before or

Kiyasha Singh: Uh,

Justin Germishuys: an M dash. No, you did. I'm telling you. Um

Kiyasha Singh: okay.

Justin Germishuys: um but it didn't actually ex that that mdash suggest that you're explaining what a habit is but nothing that followed explained what a habit was. Um so I think that this needs to be moved away from here. I don't think we need to cover that. We can decide whether to put it back in.

Kiyasha Singh: Okay.

Justin Germishuys: Um, everything you need to uh everything you will need. You can already do everything that you will need to do in this course. Um, no.

00:23:16

Justin Germishuys: Okay, let's remove Can we just put that somewhere else for a second or can I just

Kiyasha Singh: You can delete it.

Justin Germishuys: Okay, cool. Um, okay. Let me just get back to here. Okay. Welcome to the Cyborg Habits course. I'm not sure course is right. Let's come back to that. This isn't a traditional course where you sit through hours of lectures or complete tedious assignments. Instead, um you will be building productive habits that will help you make better decisions and solve problems more effectively. Um productive AI habits and then suddenly that feels better. Instead, you'll be building productive AI habits that will help you make better decisions and solve problems more effectively. So, I think that that's closer, but still not perfect, but it's a bit pathier. it's easier to um so I think the important thing is that for a video you don't have very long sentences but more a series of shorter sentences um that you'll be building productive AI habits um you already have more.

00:24:54

Justin Germishuys: Okay, these habits um relate. No, I always want to write in uh in more complex terms than I need to. I need to challenge channel. Okay. So, what I want

to say here is that the habits are so the problem is that the we're using the word habits as the the noun. Um, oh wait, behavioral. What do you think? Behavioral productive behavioral habits that will help you make better decisions and solve problems more effectively using AI or something like that. Um,

Kiyasha Singh: to be honest. in the beginning uh where it says welcome to the cyborg habits course if

Justin Germishuys: yeah.

Kiyasha Singh: the the the word course I don't know it just doesn't sound nice and then it also follows with this isn't a traditional course I don't know if it's just me but Yeah.

Justin Germishuys: Okay, let's just take it and turn it into program. Welcome

Kiyasha Singh: Yes.

Justin Germishuys: to Cyborg Habits. This isn't a traditional program where you sit through hours of lectures or complete tedious assignments.

00:26:46

Justin Germishuys: Instead, you'll be building productive behavioral habits that will help you make better decisions and solve problems more effectively with AI. Um, none of the So, here's the I'm going to take this out, but here's the good news. Um, you can already or already have all the skills you need to do these behaviors. I don't know if that's even the right behaviors. You have all the skills you need to do the behaviors. Uh, no. So, do this word irritates me.

Kiyasha Singh: Can I make a suggestion?

Justin Germishuys: Yeah, go for it.

Kiyasha Singh: Um, so before here's the good news, maybe something like um something you a fun fact you didn't know you are actually a cyborg and then we explain a bit about what an a cyborg is and then

Justin Germishuys: And

Kiyasha Singh: move on

Justin Germishuys: then

Kiyasha Singh: to say but in order to be an effective cyborg something like that I'm not

Justin Germishuys: Okay. Well, let's think that through for a second. Um, what I don't want to do is interrupt a thought, right?

00:28:23

Justin Germishuys: So, I don't want to stop halfway through saying why this course isn't like a traditional why this program isn't like a traditional program to talk about what cyborgs are because then they're going to lose thread. So, right up here, I'm saying this isn't a traditional program where you sit through hours of lectures. Instead, you'll be building productive habits. They'll make better decisions. Okay? But now, we're still talking about this approach. So it's um we so to stop and talk about cyborgs will not complete the thought is but we can always come back. I mean I might be wrong about this. We'll

Kiyasha Singh: No,

Justin Germishuys: see.

Kiyasha Singh: I understand cuz it's too all over the place. They don't really Yeah.

Justin Germishuys: Yeah. So th this kind of copyrightiting

Kiyasha Singh: Finish.

Justin Germishuys: is always hard and tedious and AI is not very good at like getting the nuance that we need. It can write generic fluff or overhyped or overly casual nonsense, but it can't quite hit all the right notes because we still have to figure out what they are.

00:29:32

Justin Germishuys: Okay, so um let's actually sorry I want to not use this for a second. Um, I want to use canvas to

Kiyasha Singh: All

Justin Germishuys: collaborate on refining this script. There we go. Sorry. This is

Kiyasha Singh: right.

Justin Germishuys: easier than trying to use Gemini in

Kiyasha Singh: All right.

Justin Germishuys: Google Docs actually. Um because I can usually edit in here and also let's see if this works.

Kiyasha Singh: Okay.

Justin Germishuys: Um welcome to cyborg habits. Now before you panic, okay, we don't want that. Um, instead you'll be building productive behavioral habits. Um, okay. Is this clear? um is behavioral habits right. So let's just see. Okay. Um, okay. So, that's fine. Okay. So, let me just quickly move my laptop a little bit over here. Um, okay. Comma. But in the next paragraph, um, I want to express that the user can already perform all the behaviors and they don't need any additional skill.

00:32:12

Justin Germishuys: skills. It's just that the course will help them turn those behaviors into habits. I think that that's kind of the the point I'm trying to get across here. Um, the musician analogy is incomplete. I don't know. I think I like working this way actually. It's So, let's read this. Welcome. Okay. Actually, um I'm going to stop sharing for a second and then I'm going to share again. Hold on. Um okay. Oh. Oh, that's just something that's missing. Okay. In any case, um, what I needed to Okay, so welcome to Cyborg Habits. This isn't a traditional program where you sit through hours of lectures or memorize tedious theories and complete complex assignment. Instead, you'll be building productive habits that help you make better decisions and solve problems more effectively using AI. You don't need to develop any new skills. You already perform these behaviors. You just haven't turned them into habits yet. This course will help you apply them more often, more effectively, and without conscious effort.

00:34:18

Justin Germishuys: These habits will become second nature. What we call transparent equipment. Just as a skilled musician doesn't think about their instrument while playing, effortlessly translating thought into music, you'll seamlessly use AI without even noticing. Now um so this uh sorry I just want to make it's not just about using AI it's about using AI to reason better and make better decisions. But this needs to be said in a nice way. Okay, let's see. Are you able to follow what I'm Do you think it's getting better though?
Kiyasha Singh: Definitely. I'm actually upset that I didn't go to this extent and use this specifically within That's a good team.
Justin Germishuys: Ah well this is we are all figuring out part of being a cyborg is figuring out little things you can do to actually help you perform a task better than you would have otherwise. The interface is really important. So although Gemini is in Google Docs, Gemini doesn't give you this kind of fluid feel. It feels clunky and it doesn't give you as much freedom over how you're crafting things.

00:36:06

Justin Germishuys: So it's actually not a good interface to help you think. Um Okay. Um, here are the habits you'll be building. Um, no. Um

Kiyasha Singh: It doesn't have guided the seventh habit cuz you mentioned previously that we should just remove it. So it only talks about the six.

Justin Germishuys: Oh, it should have guided.

Kiyasha Singh: Yeah.

Justin Germishuys: Um that should go over guide it. Um uh finish this and add bold. So this is quite nice. It's it's our intentions are guiding AI. So we don't necessarily have to fully formulate a thought. We just have to fully formulate an intention. Uh no. So actually um guide it is about getting AI to guide you to do anything even if you haven't done it before and you might not have the not edge experience or skill. Cool. So I suppose um okay so guide it should be as short the others. Yes. Uh yeah. Um let's Okay, maybe this is um Yeah, I think actually Navigate navigate new challenges and un that's I think the best version that we can come up with.

00:40:40

Justin Germishuys: Okay. Welcome to cyborg habits. This isn't a traditional program where you sit through hours of lectures and memorize tedious theories and complete complex assignments. Instead, you'll be building productive habits that help you make better decisions and solve problems more effectively using AI. Um you don't need to develop any new skills. You already perform these behaviors. you just haven't turned them into habits yet. This course will help you apply them more often, more effectively, and without conscious effort. These habits will become second nature, what we call transparent equipment. Just as a m skilled musician doesn't think about their instrument while playing, effortlessly translating thought into music. You'll instinctively use AI to think more clearly, reason more effectively, and make better decisions without hesitation. So um this is too long. No uh should not be one sentence

Kiyasha Singh: is

Justin Germishuys: break up. Cool. So remember like one of our principles is use shorter sentences. Um yeah, this is Um, this isn't expressed in a way that is consistent with the underlying idea.

00:42:37

Justin Germishuys: First remember what that is and then propose an improvement. Uh, so my problem is with the word instinctively. No, the word Okay, try again. Okay. Why didn't that give me alternative wording? Sorry, it's not editing for some reason. Okay.

Kiyasha Singh: Maybe mention that it's not editing.

Justin Germishuys: No, no, it knows it's not editing. The agent is coming back saying that it couldn't edit it. It I should do it manually.

Kiyasha Singh: Oh,

Justin Germishuys: See, I attempted to replace this. However, the update process

Kiyasha Singh: didn't

Justin Germishuys: encountered

Kiyasha Singh: see

Justin Germishuys: an error. Um, this kind of a gent system is actually pretty cool. Um,

Kiyasha Singh: cuz it can tell you that it can't do it and that

Justin Germishuys: yeah.

Kiyasha Singh: you do it.

Justin Germishuys: Um, in the same way you'll start two uh not just as a tool but as a transparent extension of your thinking. I think we can probably take this out because it's getting hold on.

00:45:48

Justin Germishuys: Let's see. Okay. So with this what I want to do is um I want to add something about how this applies to anything. Let's see if it Okay, it keeps doing that. So, darn it. Okay, let's fix this manually. Aligned with Okay, now it's bold. Okay, just as a skilled in the same way start AI not just as a tool. But as a trans Okay, so let's just quickly copy all of this and then let's just quickly refresh. this page to see if this helps. Um, so I want to edit this with canvas.

Kiyasha Singh: I think my Wi-Fi is also a bit of a problem at the moment.

Justin Germishuys: Oh, in what way?

Kiyasha Singh: Um, it's raining and I'm using rain. So, whenever it's raining, it just drops.

Justin Germishuys: Okay. Um, well, I'm pretty much running this on my side, so I suppose it doesn't matter right now. I just want you to kind of get more exposure to like the thinking back and forth around um, you already you already performed these uh, just haven't turned them.

00:48:57

Justin Germishuys: Okay. So, I think you can already perform these behaviors. You just haven't turned them into habits yet. Uh, this course will help you apply them more often, more effectively, and effortlessly. These habits will become second nature. What we call transparent equipment just as a skilled musician doesn't think about their instrument while playing. Seamlessly translating thought into music. You'll start using AI not just as a tool, but as a natural extension. Um, so let's just say in the same way you'll start using AI not just as a tool but as a natural extension of your thinking. Uh, no, I didn't say natural. Uh, okay. So here I just want to say uh I want to add that this applies to anything. Let's see. Um, no. This isn't working. I just I think let's just cut it out. This course isn't about You won't just know Okay, I think this we can Okay, by the end of this program, you won't just know about AI.

00:50:56

Justin Germishuys: You'll think like a true cyborg. You won't have to stop and ask which habit should I use because you'll already be using them instinctively. Okay, let's just say Um yeah, instinctively is fine. I think in that space the habits you build. Um your reasoning and hope. So let's just have another um tell me if this works in your opinion. Um take is um five minutes a day. What do you think? Or do you think we can cut that out? Do we need to make it sound easy? So, you're on mute.
Kiyasha Singh: is here. So, um I was saying I think it'll work, but I'm not too sure if putting it right before you list the habits.
Justin Germishuys: Okay, I think there is better um going to have to stop and ask. Um because the focus is on habits and not new skills. All it takes is five minutes a day. Uh, this is very cheesy. So, this is super cheesy.

00:53:23

Justin Germishuys: I hate it. Um, now it's too bland. I hate it. So, we've already said that. Uh, now it's redundant. I hate
Kiyasha Singh: I hate

Justin Germishuys: it.

Kiyasha Singh: you too.

Justin Germishuys: No. Okay. Uh uh think about something not cheesy, redundant, wordy. Um um too formal and do that. Um Um, uh, Okay. So, I want to say something like habits are about doing or just uh just taking action. Can you make something like that sound good? Okay, good. There we go. I think that's fine. Okay. So, I'm going to copy this over to scripts and then you can run with this,

Kiyasha Singh: Okay.

Justin Germishuys: but I'm going to paste it under here. Okay. Dot dot dot dot dot. Okay. And then I'm just going to highlight this with No, not that. Just going to highlight that with yellow. Okay. So, we may as well just run with this for now.

00:57:05

Justin Germishuys: Are you happy with it?

Kiyasha Singh: Yes, for

Justin Germishuys: Okay.

Kiyasha Singh: the most part.

Justin Germishuys: So, we can always refine it, improve it, whatever. But it's a good place to start from. Okay, cool. Okay,

Kiyasha Singh: Okay.

Justin Germishuys: so let's end there and I'll let you run with everything and

Kiyasha Singh: Before Before Sorry.

Justin Germishuys: yeah,

Kiyasha Singh: Sorry.

Justin Germishuys: go for it.

Kiyasha Singh: Um, so basically I'm going to be busy with cursing now. And what I come up with is basically what I'll be demoing

Justin Germishuys: Yeah, I

Kiyasha Singh: or

Justin Germishuys: mean look, remember demo day isn't just about demos. I think let's not constrain ourselves. Demo day is about sharing what we've done. And even if you're just demoing your thoughts, that's fine. You can get AI to just make a diagram and say, "This is my diagram of my thoughts. This is what I'm going to do." or uh you might not have time to finish this video before demo. So I don't want you to spend more than say 20 30 minutes on trying to get cursor to build.

00:58:04

Justin Germishuys: But what you'd be demoing isn't just the output but also your skill and your capability. So if you can plug in that section from here into cursor and get like something clickable, awesome. Uh, also this is something that I want to add to that um section I mentioned earlier with the specs for building the clickable react half mockup thing is we just need a little tile or something for the intro video which is the script we've just been working on.

Kiyasha Singh: Okay.

Justin Germishuys: So, it'll bring up that video and then um also when you land, you I'm not going to muddy it. We'll talk more about the specifics once we have that.

Kiyasha Singh: Okay.

Justin Germishuys: Um so, spend like 20 30 minutes trying to build that. If you get stuck, ping me. And then once you've got something, don't overengineer it for the demo. You just need to be able to show that you're you've got a thing. And then you can also speak to it and say look this is going to have a sign-in page. It's going to have superbase uh that will handle all of the the stuff. A user will log in. We will have automatic emails reminding them to come back in. We can set up Stripe as a payment portal. you can speak to those things and that you can say look we're going to integrate like a onboard interface where somebody can you know apply the habits right then and there. They don't have to navigate to another platform to use it. So

Kiyasha Singh: Okay.

Justin Germishuys: there's there's a bunch of stuff we can say but you don't have to build all of those things in right now uh and then move on to making this video. Cool.

Kiyasha Singh: All right.

Justin Germishuys: Okay. Does that answer everything?

Kiyasha Singh: Yes. Thank you.

Transcription ended after 01:00:14

This editable transcript was computer generated and might contain errors. People can also change the text after it was created.