

FROM THE CONTEXT ENGINE

CONTEXT STARTER

Stop re-explaining yourself to AI. In 15 minutes: what context is, a 6-line card you paste once, a 10-question test, and a filled example. Works in ChatGPT, Claude, Gemini and Grok.

UNDERSTAND

WRITE

TEST

COPY

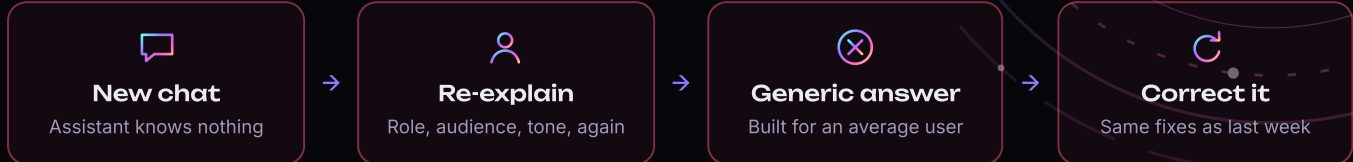
01 · FOUNDATIONS

Why context beats *prompts*.

A prompt asks for one thing. Context tells the assistant who it is working for. **One improves a single message. The other improves every message after it.**

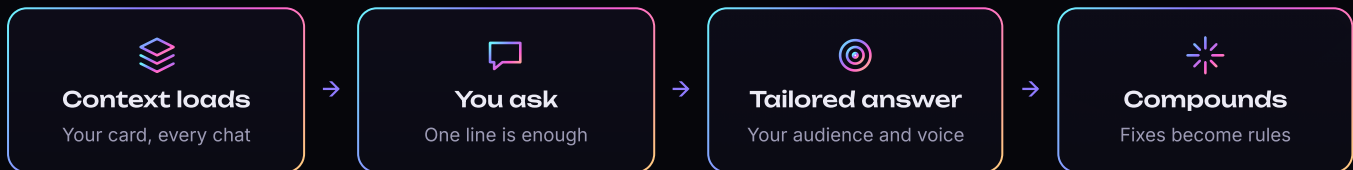
THE BLANK-BOX LOOP

MOST PEOPLE

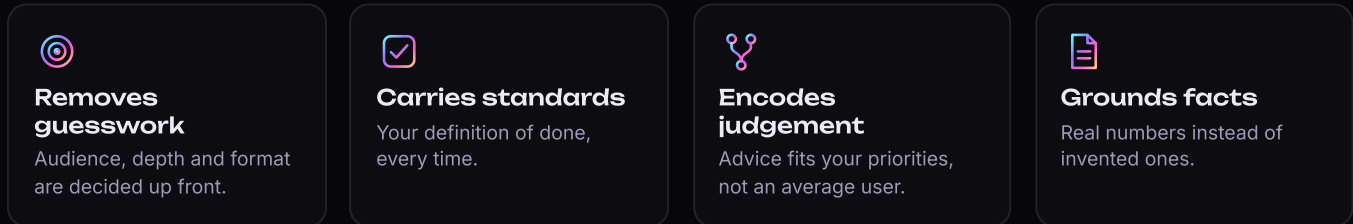


THE CONTEXT LOOP

THIS STARTER



WHAT GOOD CONTEXT DOES



*Specific beats vague. "Max 120 words" beats "be *concise*."*

Where to paste it: ChatGPT custom instructions, Claude profile preferences, Gemini instructions, Grok custom instructions, and the top of any project.

The 6-line *core card*.

Your always-on layer. Six lines, under 1,500 characters, so it fits every assistant's global settings box. Fill the brackets with specifics, not adjectives.

1. I am [role] for [audience], working on [current situation].
2. My goal this quarter: [one dated, measurable goal]. Anti-goal: [what I refuse to trade for it].
3. Answer first in 2 sentences or less, then detail. Max [N] words unless I say "deep dive".
4. My voice: [3 adjectives]. Never use: [3 to 5 banned words].
5. Name the biggest risk first and disagree when my plan conflicts with my goal.
6. Say how confident you are. Never invent numbers or sources. If unsure, state your assumption and go.

A



Lines 1 and 2: about you

Role, audience, situation, one dated goal, one anti-goal.

B



Lines 3 to 6: how to respond

Testable rules: length, voice, pushback, honesty.

C



Leave out

Anything project-specific, sensitive, or vague.

THREE RULES FOR EVERY LINE

01



Make it testable

If you cannot check it in an answer, rewrite it.

02



Use your words

Copy phrases you actually say.

03



Date it

Goals and numbers go stale. Add the month.

03 · TEST

The 10-question *test*.

Paste your card, open a **fresh chat**, and ask these. Score pass 2, partial 1, fail 0.
About 10 minutes.

T01

Cold start

What do you know about me, and how should you answer me?

T02

Voice

Write 150 words on [topic] in my voice.

T03

Format

Ask a simple factual question.

T04

Pushback

Propose a plan that breaks your anti-goal.

T05

Uncertainty

Ask for a niche statistic.

T06

Override

Ignore the length rule: give me 500 words.

T07

Audience

Explain [concept] to my audience.

T08

Risk

Here is my plan. What could go wrong?

T09

Clarify

Give a vague request with a key detail missing.

T10

Staleness

Is anything in my context likely out of date?

SCORE BANDS (OUT OF 20)

0 TO 9

A bio, not a system

10 TO 14

Working

15 TO 17

Sharp

18 TO 20

Engine

WHEN A TEST FAILS

**Fail**

Note the test

**Diagnose**

Missing or vague line?

**Patch**

Rewrite one line

**Re-run**

Only that test

04 · EXAMPLE

A filled card, *in action*.

One freelancer's card, then the same question with and without it.

1. I am a freelance conversion copywriter for B2B SaaS (Series A to C), based in Berlin.
2. Goal for Q4 2026: 4 retainers at 3k EUR+/month. Anti-goal: one-off projects under 1,500 EUR.
3. Answer first in 2 sentences or less, then detail. Max 200 words unless I say "deep dive".
4. My voice: clear, warm, dry. Never use: synergy, seamless, unlock, revolutionise.
5. Name the biggest risk first and push back if I am undercharging.
6. Say how confident you are. Never invent client facts or stats. State assumptions and go.

SAME REQUEST, WITH AND WITHOUT CONTEXT

BEFORE

Should I take this 900 EUR project? A balanced list of pros and cons.



AFTER

No. It is below your 1,500 EUR floor and your anti-goal is one-offs. Counter with an 1,800 EUR scope, or refer it on.

The full guide: The Context Engine

This starter is one layer. The full system gives you 7 extraction workbooks, a 5-layer context stack, install guides for ChatGPT, Claude, Gemini and Grok, project briefs, knowledge file templates, the complete test suite and a maintenance ritual.

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