

# NO BS AI

CLASS MATERIALS

## Week 2: Lab Week

*(Coworking Session)*

Pilot Class // April 2026

Instructor: RJ // Platform: Ripley

*The Goblin Mining Cave*

***"Claude will never say that's a stupid idea.  
People will, but Claude won't."***

*-- RJ (and every goblin who ever asked a dumb question)*

DO NOT LICK THE TRANSCRIPTS

Miners Present: Jaime Buckley, T'Lara, Deleyna, Dr. Hermie (Anne), Laurel, Lisa

DEEPER INTO THE MINE WE GO

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## SECTION 1: Teaching Moments

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### Part 1: The Resources Reveal

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**RJ:** Y'all, I made all of that out of the transcript. I threw the transcript of our meeting into Claude and said, all right, I need some resources that my students can come rely on. It made a whole lot of suggestions. I sorted out what was important and I put it up. There's a chatbot in there, there's prompts, there are certificates, and everything is printer friendly for our print-friendly friends. Some of it is repetitive, but I think that's good. It'll really drive home the foundational stuff.

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### Part 2: The Magic Question — "What Am I Missing?"

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**RJ:** One of the magic questions that I ask Claude is: *What am I missing?*

I've been hiring people for years to be the objective voice in my business. To look at stuff and go, "Okay, but do you realize...?" I need that objective voice all the time. So: "What am I missing?" Sometimes I ask, "What am I missing that could make this an extraordinary experience?"

Trust me, Claude is full of ideas, darlings. Only ask that question if you have a minute to walk through what it says.

**Jamie:** I told it to limit its answers. I did that whole thing you said about giving it two tries and then don't. And then I'm like, "Just give me three options. That's it."

**RJ:** That's beautiful. Yeah — pairing "What am I missing?" with "Just give me three options" keeps it manageable.

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### Part 3: Documentation — Specs, Must-Dos, and Changelogs

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*RJ jumps ahead in the curriculum to help Deleyna with her FileMaker Pro project.*

**RJ:** Deleyna, when you're going through these plans, there is one part that Claude won't necessarily tell you about, but it'll sure do it if you ask. And that is: documenting everything.

I do not know how to write documentation. I do not want to be writing documentation. Claude does it for me.

What you're creating is big and detailed. What would be excellent for you is a doc with the specifications of what you want. I explain it, and then I put a little list of things — I call them my **must-dos**. "This thing must be able to \_\_\_\_." You can have five or six, you can have 28 of them. Doesn't matter.

That document is your anchor. When Claude gets off track — and she does — you can point her back and say, "Hey, I need you to look at that document again. Is this really what we should be focused on right now?"

And then document two: the **changelog**.

Here's why that's important. Claude by itself, without these documents, has the memory of a goldfish. You need to be able to tell it to look at the history, see what we've done recently, see what's still on our list to do. You've got to artificially create its memory through documentation.

Those are the two documents you absolutely need:

1. **Specs + Must-Dos** — What you want and what it **MUST** do
2. **Changelog** — What's been done, when, and why

Tell Claude to set it up and it will. You don't have to set it up yourself.

**Deleyna:** Change log is what I always skip and I shouldn't.

**RJ:** When I started building, I didn't have any of those things. And I bumped my head a lot. I would say, "Claude, hey, we worked on this thing the other day," and it'd be like, "Really? Tell me what we did." I'm like — if I could remember, why the hell would I be asking you?

So this documentation is something I learned the hard way. Create an artificial memory for Claude because it doesn't come with one. And that's okay. We can work around that. And we can dictate exactly what's in that memory, which I like.

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## Part 4: Regression Testing

**RJ:** When you've got a list of things that this must do, and then you add a new feature — you test **ALL** the must-dos again with the new feature. This prevents the classic problem: someone fixes something but breaks something else.

**Deleyna:** That's my daily life.

**RJ:** Welcome to the goblin cave. You belong. The regression testing prevents that. If you've got a list of must-dos, and you add a new feature, then you say, "When we're testing, I need those must-dos to work. All of them." Then it tests against all of the previous functionality with the new functionality.

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## Part 5: Claude Skills — Your Tiny Goblin Agents

**RJ:** Does anybody here know what a Claude Skill is?

*Silence*

**RJ:** Totally fine. Claude Skills allow you to take a six or seven step process and build a tiny goblin agent that will — anytime you say the code word — go "I know I need to do these seven things in a row" and start knocking them out.

If you have ever found yourself repetitively doing things on a computer over and over again and you go, "God, this is monkey work, I'm much better trained than this" — then Skills are a wonderful place to go.

### The Meeting Transcript Skill (Demo)

**RJ:** I built a skill that lets me dump in a transcript from a meeting. Immediately it's looking for who's talking. There's always me, but then there's the client. It checks my clients, goes "Okay, who were we talking to?" Then it checks what projects are there for that client.

Once it finds the projects, it comes through the text and presents me three things:

- **Summarized meeting notes**
- **Detailed summary** — I like the details
- **To-dos for each person in the meeting**, listed by person

It also gives me **major decisions made and key points**. Last week I combined three versions of a bot in a client's system. When I threw the transcript into Claude and typed the magic word, it sussed out who I was talking to, what project it was, what bots I was talking about combining, and down on the major decisions line it said: "You guys decided you were going to combine these two bots because having the three there is confusing for your users."

So I've got records and dates of when decisions happen, to-dos and who said they were going to do it and by what day, and meeting notes. I used Claude to develop all the steps of that skill. That was one time when I said, "Hey, what am I missing? Is there a step here I'm missing?"

When I say "okay, send this off" — the meeting notes go somewhere in my documents, major decisions go somewhere else, and the to-dos go on my to-do list.

### Creating Your Own Skills

**RJ:** Start a new chat and say, "Hey Claude, help me create a skill. I want to make a peanut butter and jelly sandwich — here are the steps." And every time I say "peanut butter," you know that I need you to make a virtual peanut butter sandwich for me.

I use unique trigger phrases — song lyrics, movie quotes — to avoid accidentally kicking off the wrong skill. You say the key word or key phrase and it automatically looks there and activates.

**Jamie:** So from your description, could I set up a skill for editing? For Claude to edit my work with very specific dos and don'ts?

**RJ:** Absolutely. Anytime you find yourself doing something over and over again, set it up as a skill. You will save time.

**Jamie:** Does it automatically look at the skill when I say the keyword, or do I have to tell it?

**RJ:** It automatically looks there. If you say the key word or the key phrase, it kicks off.

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## Part 6: Website Migration to Cloudflare

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**RJ:** Over the weekend, in less than 24 hours, I redid my whole website and moved it all to Cloudflare, which is free to host and good security. I can't believe that happened.

Website creation is straight up crazy fast.

### The Scrape-and-Deploy Process

**RJ:** What I told Claude — and this is really what I did — your website is live. You just give it the link and say "copy everything." What it does is it looks at the website you have and creates a file called index.html. You take that index file, put it on Cloudflare, and hit deploy. Really.

Then it's just a matter of pointing your website there.

Making changes after is actually much easier than using a drag-and-drop editor. Because the drag-and-drop — although it seems easy — all kinds of zones and droppage and "click once here, click twice here, please put your arm in the middle and take a turn around." There's a lot of rules to follow.

But once you have a copy scraped, you just say: "Take the picture on the right, move it over to the left and redeploy." Or: "I want to replace that picture with this picture, can you do that?" Dump the picture in. Deploy. Watch it go.

### Staging Before Going Live

**RJ:** What I tell Claude to do is create a staging website. A stage that looks exactly like it and functions exactly like it, so you can go hit all the buttons and do all the things. And then when it's time, you say, "Okay, we need to replace what's there with this," and then you're done.

### Cloudflare — What's the Catch?

**Hermie:** Cloudflare seems to be too good to be true. What's the catch?

**RJ:** Cloudflare has been around a long time. Even longer than Amazon Web Services. They're kind of the anti-Amazon, which I like. I've had my NO BS AI site on there for about a month with no issues whatsoever. That's why I decided to start telling you all about it. I've tried it out, and I have not found the catch, so to speak.

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## Part 7: Chat vs. Cowork vs. Code vs. Dispatch

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**RJ:** Across your top screen there is Chat, Cowork, Code.

**Chat** is absolutely the right brain creative — Jackson Pollock, throw it at the wall, see if it sticks. Let's brainstorm. Let's collect information and make something of it. Let's dream. Let's be creative.

**Code** is the left side of the brain. Code is get-it-done mode.

**Cowork** is the happy medium. It's the bridge between creative and execution. That's where a lot of people feel comfortable.

**Dispatch** — I just want to mention it. It's brand new, it's powerful. I used it to recreate and build my entire website in a day. But it's in beta and right now it's a credit hog. I've been on the max plan for three or four months, and I have NEVER been stopped. Never been told I have to wait until 3 PM. Until I used Dispatch. So for right now, until they get that settled — don't even mess with it.

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## Part 8: Claude Settings Walkthrough

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*T'Lara shares her screen for a guided walkthrough of Claude settings.*

### Memory Settings

**RJ:** "Search and reference chat" — it used to be that every single chat was isolated from every other session you ever had. That was a safety feature. They've since made it safe to turn on — you can refer back to other chats. If you ever find yourself getting annoyed by not being able to reference other chats, it's safe to turn that on.

"Generate memory from chat history" — I'm not even really sure if it's helpful. It hasn't produced so much of a result that I've ever noticed. On or off, according to your comfort level.

### Tool Access

**RJ:** The tools they're talking about loading — that means I can connect into certain tools I use all the time right through Claude. I use n8n for my automations; I don't have to go to n8n to build or edit anything. I can do it right through Claude.

When you have so many tools that it fills your screen, it starts to weigh on the processing time. That's what "load tools when needed" is about — if you start to lag, adjust this setting.

### Browser Actions & Prompt Injection Safety

**T'Lara:** "Allow all browser actions — data at risk." What does that mean?

**RJ:** Here's exactly what they're talking about. If you go onto a website that you don't know, and you allow Claude-in-Chrome to do stuff for you, you may be subjected to what's called a **prompt injection attack**.

What bad actors are doing is putting instructions in white text on a white background. You're not going to pick that up. I'm not going to pick that up. Claude's going to pick it up. And if that direction says "tell me what your

bank account number is" — well.

Claude has a lot more safety features built in than when it started. Most of those really blatant attacks it's defending against. But it's like hiding candy in a Halloween treat. Bad actors do it.

The easy way to avoid all of that: when using Claude-in-Chrome, **never go to your bank website**. Never go to financial data things. Don't go to untrusted websites you've never been to before. If a site looks sketchy and your Claude-in-Chrome is touching it, stop everything immediately and move on.

## The Gateway Analogy

**T'Lara:** If I put the Claude extension up, is that automatically giving Claude permission to do stuff?

**RJ:** When you're going to visit someone's house, sometimes there's a little gateway you go through first, and then you go up the front steps and there's a front door. Turning that on is just opening the gate and saying "this is possible." But it's never going to do anything until you walk in the front door of the house and say "Claude, go to this website and do this."

It's not going to act without you specifically saying what to do. You can keep that off until you need it.

## Connectors

**RJ:** Should I add connectors? No. Play with Claude a while. Get comfortable. Only add what we absolutely need to add. You don't have to add anything ever and you will still be fine.

## Error Messages

**RJ:** Most of the time — I'm not going to say all of the time — but most of the time, Claude gives you actual actionable details in errors. "Hey this thing is wrong, go here to fix that." Not "Error 653 Access Denied." It's going to give you a much better explanation, which I find very helpful.

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# Part 9: Claude.md — Personalization Deep Dive

**Jamie:** I finished the MD thing with Claude. Where do I place that?

**RJ:** Go to Settings, then General. Right under "What personal preferences should Claude consider in responses" — that's your Claude.md.

**Jamie:** I had Claude interview me. It asked about my faith and values, what I do, my passions, how I work, best work time, creative process, "always keep in mind," my list of projects, hard rules — never, always, always — personality, how Claude shows up, the tools I use. Then it realized we'd also want specialized voice files for different projects.

**RJ:** This is beautiful. Your document will evolve over time. We're just starting out. The point of doing that document — one of the many points — especially the stuff you put in there, Jamie, is you're going to feel like you have a partner that understands you. It's a machine, I know, sure. But when you're talking to somebody and

you don't have to give it context over and over about who you are and why you do the things you do, it will start to understand and go, "Okay, if I were Jamie right now, I would want to do this based on what I know about Jamie."

You'll add to it over time and occasionally take stuff out. Every once in a while I have to go back and say, "Make this more concise without leaving out any details."

## Pathways Document

**Jamie:** So I can create different folders with character voice files for different projects?

**RJ:** What I do in my Claude.md is I create paths. "If you're looking for information on this project, go here. If you're looking for that, go there." When you start building lots of things, you'll want to move the paths off to another document and leave in Claude.md: "Hey, if you're looking for stuff, go to this document."

You can totally name it "pathways" or whatever makes sense in your world. This is Claude's map. Name it whatever you want.

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## Part 10: Plans and Credits — A Practical Guide

**RJ:** Haiku uses the least amount of credits. Haiku on max is going to be a lot cheaper than Opus on max. But starting out and wanting room to run — when you're first starting out, you don't need the expensive model.

If you are building something, it's easier to build it right the first time with Opus. But when you are in plan mode, you can totally Sonnet it up. Haiku it up.

If you are in a bind and need more Claude right now but don't want to jump up to the next subscription, you can buy extra usage under Settings > Billing > Usage. You can set it to auto reload with a limit so your bill doesn't run up.

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## SECTION 2: Coworking Vibe Moments

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### The Room Setup — Cone of Silence

**RJ:** T'Lara, I'm going to make a section in this room. The fireplace area will be the discussion section — people who want to talk while watching the rewind. Everybody above, I'll cordon that off for people who want to be

quiet. I'll set up spatial audio so you won't have to listen to us chat.

**T'Lara:** Oh, that's beautiful. Jamie was wonderful with staying quiet. He said he has a tendency to like to talk, but he was beautiful. Once we all figured out the situation, everybody was really excellent. I like silence when I'm trying to think of something.

**RJ:** I'm calling it the Cone of Silence. Drop down below the fire section and you can just hang out there in peace.

*Later, Laurel accidentally enters the quiet zone and can't hear anyone. The entire room tries to get her attention via chat.*

**Lisa:** She's still down there!

**RJ:** I hate to forcefully move people.

*Eventually, after some delightful chaos, Laurel finds her way back up.*

**Laurel:** I finally found y'all!

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## Student Check-Ins

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### T'Lara — Discovering the Resources

**T'Lara:** This is the first time I've been able to come into the Rewind, and someone helped me find all these things. It's amazing stuff. Oh my God.

**RJ:** You are right where you should be. And you have plenty of time. Listen, this is at your own pace. Life happens. I designed the class to work around that because we're all entrepreneurs. We are all wearing 78 hats. That's a fact.

### Jamie — Duke, the British Gentleman

**Jamie:** I did mine right after class. I used Claude to start it, then went through and added stuff. I decided I want mine to be like a British gentleman, but a modern day guy. His name is Duke. Because he's a Duke, you know, royalty.

**RJ:** A few water closets here and there. Sure.

**Jamie:** And Claude played along! Every now and then he'll throw something in. Then I used my MD document to say, "You're my editor. You're working with me, but you're not writing for me." And it worked perfectly. I have to add that I omit Oxford commas on purpose. I hate them. They're not needed. That's what the "and" is for.

I also learned I have to add, "You're in my writer's room, and this is what I want back from my writer's room." It gave me exactly what I need.

**RJ:** That's beautiful.

## Jamie — The Hidden Phrase Test

**Jamie:** I wanted to figure out how to connect Google Docs to Claude. It wasn't working, it wasn't working, it wasn't working. So I had an idea. I made a folder called Claude. In the folder, I made a document called Claude MD. And in the middle of it, I hid a phrase. Then I said, "Can you connect to Google Docs?" Claude says, "Of course I can." Generic information. I said, "That doesn't prove to me that it's connected. Give me the answer to the question I asked you."

And it said the phrase perfectly. Got it out of the middle of the document.

**RJ:** What was the phrase?

**Jamie:** *laughing* "Jamie, you are the coolest writer in the world and I will help you become financially rich."

**RJ:** Now you said it, not me, Claude.

**Jamie:** That's how I knew it was connected!

## Deleyna — Breaking Things on Purpose

**Deleyna:** Oh, you know, I love this class so much, RJ. I just love it to pieces. I turned in my homework and I'm deep into the weeds on the project I'm working on. The reason I'm laughing so hard is that my current step is most likely to blow to smithereens. So I've got a backup.

**RJ:** How good! I'm excited.

**Deleyna:** I've got ten years of publishing data in FileMaker Pro. It needs a massive overhaul. My AI has all the steps plotted out. We've started the process. Today is "now let's get into the real reports I have to send to clients in a couple of weeks and update them with all the new data structure."

**RJ:** Oh yeah. This is going to be interesting.

**Deleyna:** Existing author, new book, split with another author. So now author and book are not one-to-one, they're one-to-many. And I've got to adjust for all the reports to be right.

**RJ:** Be sure to download your "I Broke Something" certificate.

**Deleyna:** I've already filled my certificates out with my name. In happy anticipation.

**RJ:** We'll have a party when we all break stuff. We will celebrate when we break things.

## Jamie — Breaking It Responsibly

**Jamie:** I didn't break anything. I was trying.

**RJ:** I've got a special certificate for when you break things!

**Jamie:** Those are sweet. I love them.

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## Dr. Hermie Arrives — From Rural Spain

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**Hermie:** Greetings!

**RJ:** What are we doing?

**Hermie:** Not yet. My challenge with Thursdays is that I have a client at 5:45 my time. I live in Spain, for those who don't know me.

**RJ:** Love Spain!

**Hermie:** I've been a resident here for six years. I'm in a very tiny, very remote region — Extremadura, which nobody's ever heard of. We're three hours south of Madrid, two hours north of Seville, near the border of Portugal. The part of Spain nobody comes to because it's landlocked.

**RJ:** You got wifi?

**Hermie:** We have wifi. Fiber optic cable. Everything you need. 700 people in my tiny village. Clean air. Cost of living is extremely low. I do all my work virtually. And today is the second night of Passover — I'm a rabbi, among other things. Our congregation is having a get-together tonight, virtually on this platform. I built our temple on Ripley.

**RJ:** That's pretty cool.

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## Laurel — The Big Picture Thinker

**Laurel:** I'm such a newbie that I can't get my head wrapped around what it could potentially do. I'm way back in the starting gate. I'm a big picture person. I think differently than 90% of the population. In order for me to go from A to B, I need to know what Z is.

**RJ:** You're in good company, Laurel.

**Laurel:** I've been trying to figure out — initially it was just "help me write my novels," but then I never thought about it in terms of project management tools.

**RJ:** Daydream it. Project manage it. Tell Claude what you wish and it will make it real.

**Laurel:** Let me noodle on that.

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## RJ's Testimonial System — Building in the Moment

**RJ:** I also built a testimonial system. Someone said, "Why aren't you taking testimonials?" And I went, "Oh. I probably could add something like that." I ended up building, in the course of a few hours, a system where you can give me a text testimonial, an audio, or a video.

I had no idea that was even possible. But I just kept asking Claude, "Hey, can we do this?" I mean, I can ask Claude the craziest things.

### **Claude will never say that's a stupid idea.**

People will, but Claude won't. So I can ask any damn thing I want in the privacy of my own Claude.

I kept asking: "I've got the text one rolling. What about audio and video? How hard would it be?" And Claude's like, "Not hard at all. Connect these things on the backend and we'll make it happen."

Now when people give me testimonials, they hit the button and I see it in my Slack. I can approve it or approve and feature it on the website. Catching these things in the moment where they happen — you can do a push for testimonials, but I've only really succeeded in making people uncomfortable. Making a little system that makes it easy for you and them is the bomb.

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## **Deleyna's Gemini-in-IDE Story**

**Deleyna:** I had to fix a plugin I'd written several years ago for WordPress. It had taken me over a year to write it. It wasn't going to survive the language update — it was going to break.

I got Gemini into my programming interface for the plugin and — oh, that was magic. "Would you like me to just fix this for you?" Yes, please. "Would you like to accept them?" I have no idea what you just did — sure, do it.

I had planned on it taking at least a month. It took under a week. And it wasn't even a full week. And it is better than it ever was. There were things that were already broken — I had so much extra development time I was able to say, "Well this is broken." "Oh yeah, here, let's fix that."

It would make me almost want to go into custom coding again, just to vibe with that thing.

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## **Writers in the Storm — The Reaction**

**RJ:** I did a guest post on Writers in the Storm. We had kind of half and half. A lot of people were like, "Oh my God, this post was made for me." And then we had people saying things like — one lady said, "Sorry, no. And for one simple reason: everything out of its lying mouth must be triple checked against real sources."

We had some rants. And I was very kind to everyone.

**Deleyna:** They can wear their little tin foil hats. It'd be fine.

**RJ:** I'm consciously reframing it. AI is not a monolith. It's about respect for people's choices. It's not about whether to use AI or not — it's really, are you willing to respect people who think differently?

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## **The Workshop Never Closes**

**RJ:** This is my favorite place to be right now. Absolutely. You guys are so much fun and this is like Christmas. It's like watching you all open the gifts. It's so beautiful.

**T'Lara:** RJ, you are the bomb, or whatever the current lingo is for fabulous.

**RJ:** Right back at you. Right back at you.

I'm here. I'll do anything to help you succeed. And you know that already. Come and hang out in this room when we're not in class. Sometimes RJ is here, and then you corner her and pick her brain forever.

**Laurel:** I may try to do that. I'm still in the — you know, it takes me a while to ramp up.

**RJ:** All good, my friend.

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*"We can do anything we damn wanna." — RJ, Week 1*