

# WEEK 4: KEY TAKEAWAYS

The 10 Takeaways from Lab Week

## 01. MCPS VS. CLAUDE IN CHROME

Different tools, different jobs. MCPs connect apps efficiently in the background. Claude in Chrome is for visual, browser-based work. Token cost is very different — know which one you're reaching for.

## 02. ONE THREAD. ONE JOB.

Every exchange re-reads your entire conversation context. Manage your threads, not your tokens — one topic, one session. When the topic shifts, start fresh.

## 03. THE INTERRUPT BUTTON IS YOUR EMERGENCY BRAKE

The moment you think “no, that’s wrong” — hit it. Don’t wait for Claude to finish. Your credits and your time will thank you.

## 04. STOP BUYING SOFTWARE

With Claude + Airtable + N8N + Cloudflare, you can build almost anything you need — customized to how YOU think. Stop paying for something that almost fits.

## 05. SEE IT, BUILD IT

Ideas come from anywhere. When you see something amazing, ask Claude: “Could I build something like this for my situation?” The answer is usually yes.

## 06. BUILD FOR YOURSELF FIRST

Always build it for yourself first. Use the hell out of it. Standardize. Then externalize. In that order, every time.

## 07. N8N IS YOUR PIPELINE

N8N connects anything with an API — you don’t need the app to be on a “supported” list. \$20/month. Claude builds the workflows for you. Zapier gouges you. Make.com is a nightmare. N8N wins.

## 08. THERE’S PROBABLY AN MCP FOR THAT

If you use it, someone’s probably built an MCP for it — officially or by the community. Search “[software name] MCP,” look for high star counts, check if it needs a paid tier.

## 09. SHOOT HOLES IN YOUR THEORY

When Claude is relentlessly optimistic, flip the question: “Give me all the reasons this WON’T work.” The opposite direction reveals holes the happy path hides.

## 10. YOU’RE THE CREATOR, NOT THE MANAGER

You used to manage the technical parts to get to the creative part. That time is over. Start at the creative part. Describe what you want your people to feel — the tools figure out the rest.

## HOMEWORK FOR WEEK 5

- Find one thing you’re paying for and ask Claude: “Could I build this myself?”
- Search for an MCP for one tool you use every day
- Start a new thread for every new project this week