

CLAUDE IN 30 DAYS

WEEK 1 — FOUNDATIONS

Day 01 of 30

01

Welcome — what Claude actually is.

The one idea everything else builds on.

LESSON

1 / 30

READING

~9 min

PROGRESS

3%

COURSE PROGRESS

OBJECTIVE

You are about to spend 30 days getting genuinely good at something almost nobody around you understands well. This first lesson is not about prompts or techn...

What Claude actually is

Claude is an AI assistant built by Anthropic. It reads what you write, and generates a response based on patterns learned from an enormous amount of text during training. It is not a search engine. It is not a person. It is not magic. It is a tool that is remarkably good at understanding context and producing useful language — nothing more, nothing less.

Claude is not the internet. It is a very well-read conversation partner.

What this course will do for you

By Day 30, you will not just know facts about Claude — you will have a working system: a prompt library, a personal style guide, real workflows for your work and life, and a monetisation strategy if you want one. Each lesson builds on the last. Nothing here is filler — every lesson exists because it changes how you actually use the tool.

How to get the most from these 30 days

One lesson a day, in order. Do the exercise before moving to the next lesson — reading without doing barely works with Claude, because the skill is practical, not theoretical. Fifteen minutes a day, done consistently, beats three hours once a week. This course is built around that.

Your first action

Open Claude right now, in another tab. Do not ask it something small like a trivia question — ask it something real you are actually thinking about today. Notice how it responds. Notice what it asks you back. That is the relationship you are about to get much better at.

TRY THIS PROMPT

I'm about to spend 30 days learning to use Claude properly. Right now, here's something real I'm working on: [describe an actual task or problem]. What would you need to know from me to help well?

SUMMARY

Claude is a capable, honest AI assistant — not magic, not a search engine, not a person. Over the next 30 days you will build a complete, working system for using it well. One lesson a day, in order. Do the exercise before moving on. Start today, with something real — not a test question.

TODAY'S ACTION

Open Claude. Ask it something real, not a test. Notice what it does well, and where it needs more from you.

COMING NEXT

Claude vs ChatGPT — the real difference.

Get all 30 lessons - EUR 27

Instant download 30-day guarantee

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