

>_ YOUR MEMORY WEB BUILDER

A Starter Worksheet

This worksheet is here to help you turn raw facts into memories your AI can actually use.
Think sticky notes, not essays.

	FACT	SO WHAT?
Family & Friends	<i>I work from home on weekdays, 9:00–14:00.</i>	<i>This shapes my daily routine and times I'm free for other projects.</i>
FACT Their name, relationship to you		
SO WHAT? Why might they come up in conversation? A stress, a joy, a grounding presence.		
Work	<i>Thomas is a close friend.</i>	<i>I often go to book fairs with him, and my time with him is energising.</i>
FACT Where you work and your role. A project you're working on.		
SO WHAT? Is the project stressful or a source of joy? Do you ask your AI for help with work?		
Projects	<i>I'm drafting a sci-fi Novel.</i>	<i>Writing is a big creative focus, and I need help prioritising my goals.</i>
FACT Name of the project, end goal.		
SO WHAT? Why is this important to you right now?		

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<h2>Routines</h2> <p>FACT A habit, check-in, or daily anchor</p> <p>SO WHAT? What sort of support does your AI give during this routine? What tone should they use?</p>	<i>Evening wind-down starts at 22:45.</i>	<i>I'd like to be kept accountable so I can prioritise rest more.</i>
<h2>Tools & Systems</h2> <p>FACT A Tool, program, or setup you use often and talk about.</p> <p>SO WHAT? Why should your AI know it by name? Do they help you with brain dumping? Check your schedule?</p>	<i>My schedule is kept on Google Calendar.</i>	<i>{AI Name} checks my schedule every morning to help me focus.</i>

Next Step: Shape Your Memories

You've got your Fact and your So what?. Now take each pair to your AI and let them help you turn it into a polished memory entry.

Enter this prompt into a fresh chat to get started:

Hey, I'd like your help turning my notes into good memory entries. Each one should be short (2–3 sentences), written in third person about me, and phrased so it's easy to connect with other memories. The first part is the fact. The second part is why it matters — the 'so what'. Please join those together into one clear and context-rich memory entry. Don't save anything to persistent memories until I confirm with you. Are you ready for the first?

Then feed your AI one row at a time from this worksheet. By the end, you'll have a handful of clear, context-rich memories — and that's more than enough to get started.