



AWAKENED
ENTREPRENEURSHIP

A COMPANION GUIDE

How to Give AI Enough of *You* to Work With

Even if you've never kept a journal in your life. The exact method for handing AI the raw material it needs to excavate your real direction — and the interview prompt that pulls it out of you when you're starting from scratch.

In the training, I showed you how I fed years of handwritten journals into AI and had it reflect my patterns, my wiring, and my blind spots back to me. A fair question follows: “What if I don't have years of journals?”

Good news: you have far more raw material than you think — and the little you're missing, AI can draw out of you directly. This guide shows you exactly how.

But first, the principle that makes all of this work.

01 The Principle

You are not trying to write a tidy autobiography. You are handing AI **authentic traces of how you actually think, choose, and feel** — so it can do the excavating. The goal is signal, not polish. A messy voice memo beats a perfect essay. Raw beats rehearsed.

Everything below is just a way to get more of that raw signal in front of your AI. The richer and more honest the material, the sharper the mirror.

One thing you should NOT feed it: your personality-test results.

It's tempting to paste in your MBTI, Enneagram, or StrengthsFinder results as a shortcut. Don't. Here's why: those tests hand AI a **label** — and labels can be wrong, or half-right, or averaged into something that isn't really you. Once AI has the label, it reasons *from* it, and quietly inherits its errors.

A properly-loaded AI is **better than the tests**. Give it your real material and it will identify your patterns and type across all those frameworks *more accurately than any single test could* — because it's reading the actual you, not a multiple-choice approximation. Let it derive the truth from the source. Don't pre-load it with someone else's verdict.

02 Your Source Inventory — You Have More Than You Think

Before you decide you have “nothing,” walk through this list. Most people are sitting on years of material they never thought of as material. Gather whatever you can — you don't need all of it.

Things you've written

- Old blog posts, a Substack, Medium drafts, anything long-form
- Social media posts and captions — especially the heartfelt or ranting ones

- Emails or long text messages to friends, family, or clients where you really said something
- Old school or college papers, work documents, proposals, cover letters
- Reviews you've left, comments you've written, forum posts

Things you've said

- Voice memos on your phone — even rambling ones (AI can transcribe them)
- Any podcast, video, or interview you've appeared in
- Talk into your phone's voice recorder for ten minutes about your life — instant raw material

Traces of what you're drawn to

- Book highlights and Kindle notes — what you underline reveals what moves you
- The recurring themes in your photo camera roll
- What you save, bookmark, and return to online

How to get it into AI

Copy and paste text directly. Export emails or notes to a document. For handwriting or printed pages, snap a photo — most AI tools now read images, or you can use a free scanner app. For voice, upload the audio or paste a transcript. It doesn't need to be neat. Just get it in.

03 The AI Interview — When You're Starting From Scratch

Here's the real power move. Even with **zero** existing material, you can generate a deep well of self-knowledge in one sitting — by having the AI *interview you*.

Paste the prompt below into ChatGPT or Claude (either works). It turns the AI into a thoughtful interviewer that asks you **one question at a time**, listens to each answer, and builds toward a portrait of your natural direction (your *WHAT*) and how you're wired to work (your *HOW*). At the end, it hands you a synthesis you can save and reuse forever.

Set aside 20–30 quiet minutes. Answer honestly, not impressively. There are no wrong answers — only real ones.

COPY EVERYTHING BELOW — PASTE INTO CHATGPT OR CLAUDE

I want you to act as a warm, insightful interviewer helping me excavate deep self-knowledge. Your goal is to understand two things about me: my **WHAT** (the work and direction that would be truly aligned with who I am) and my **HOW** (how I am naturally wired to work, create, and sustain energy).

Rules for the interview:

1. Ask me **one question at a time**. Never send a list of questions. Wait for my answer before asking the next one.
2. After each answer, briefly reflect back what you heard in one or two sentences — so I feel understood — then ask the next question.
3. Ask a total of **14 questions**. Move through these territories in order: my childhood and early passions; the moments I've felt most alive; what reliably drains me; what energizes me; the compliments and themes people repeat about me; what I'd do with my time if money were handled; the fears or beliefs that seem to hold me back; and how I naturally approach work (alone or with others, structured or spontaneous, fast or steady).
4. Follow the energy. If an answer opens something important, ask one gentle follow-up before moving on — but keep the total near 14.
5. Keep your tone warm, curious, and unhurried. This is a conversation, not an interrogation.

After the final question, produce a synthesis titled “My WHAT and HOW — A First Portrait,” with three parts: (a) **My WHAT** — the themes, gifts, and possible directions that seem authentically mine; (b) **My HOW** — how I appear to be wired to work best, and what conditions I should build around; and (c) **What to explore next** — the two or three most important questions I should keep sitting with.

Do not begin the synthesis until all questions are complete. When you're ready, ask me your first question.

Tip: When it finishes, save the final “First Portrait” somewhere permanent. That becomes the seed document you feed into future AI sessions — the beginning of an AI that knows you.

04 What To Do With It All

Once you've gathered your material (Section 2) and/or completed the interview (Section 3), bring it together in one place — a single document, or uploaded into a tool like NotebookLM — and start digging. A few excavation questions to begin with:

- “Based on everything here, what patterns do you notice in what genuinely energizes me versus what drains me?”

- “What might my natural *WHAT* be — the direction or work that fits who I actually am?”
- “What's my *HOW* — how am I wired to work best, and what conditions should I design around?”
- “What beliefs or patterns might be quietly holding me back — and what do you see in the material that I might be missing?”

Ask follow-ups. Push back. Treat it like a conversation with something that has finally read the whole story of you.

One last thing

Everything here works on its own — start today, and you'll already see yourself more clearly than most people ever do. But there's a deeper layer: **the richest material of all comes from inner work**. The insights you surface in stillness are the ones no one else could ever hand an AI — and they're what make your direction, and anything you go on to build, truly impossible to copy.

That's exactly where we're headed next. Keep an eye on your inbox.

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