

SWITCH FROM CHATGPT TO CLAUDE.

*The one-click migration guide. Bring your history,
your preferences, and your workflows with you.*

THE CASE

Why creators are switching.

ChatGPT is good. Claude is better for creators. Here's why:

Claude writes in your voice, not a robot voice. It follows instructions precisely — when you say 'short and punchy,' you get short and punchy, not three paragraphs of filler. It reads entire documents, analyzes your content, and remembers your preferences across conversations.

But the real difference is Cowork and Dispatch. Claude doesn't just chat — it acts. It controls your desktop, manages your files, sends emails, builds presentations, and runs automations. ChatGPT talks about doing things. Claude does them.

The switch takes less than five minutes. And you don't lose anything.

STEP BY STEP

The 5-minute switch.

Step 1: Export your ChatGPT data.

Go to ChatGPT Settings Data Controls Export Data. ChatGPT will email you a ZIP file with all your conversation history in JSON format. This usually takes a few minutes.

Step 2: Import your memory into Claude.

Go to claude.ai/import-memory (or Settings Capabilities Memory Import). Claude gives you a prompt to copy. Paste it into ChatGPT. ChatGPT outputs a summary of everything it knows about you — your name, preferences, work style, projects. Copy that summary back into Claude.

Step 3: Download Claude Desktop.

Visit claude.ai/download. Install the desktop app. Sign in. This is where the magic happens — Claude Desktop gives you Cowork mode, which ChatGPT doesn't have.

Step 4: Enable Cowork Mode.

Settings Features toggle on Cowork Mode. Grant file and browser access. Claude can now read your files, control your desktop, and take real action — not just chat.

Step 5: Upload your best prompts.

Take the prompts you used most in ChatGPT and paste them into Claude as a first conversation. Say: 'These are prompts I use regularly. Remember them.' Claude saves them to memory. You're done.

THE PROMPT

Copy this into ChatGPT.

This prompt extracts everything ChatGPT knows about you into a format Claude can import:

TRY THIS

"I'm switching to a new AI assistant. Please compile everything you know about me from our conversations: my name, my job, my projects, my writing style, my preferences, my recurring requests, my tone, my industry, the tools I use, and anything else relevant. Format it as a clean summary I can paste into my new assistant so I don't lose any context."

Copy ChatGPT's response. Go to Claude. Paste it and say: 'This is context about me from my previous AI assistant. Save all of it to memory.' Claude imports everything instantly.

That's it. Your history, your preferences, your context — all transferred. No rebuilding from scratch.

NOW TRY THIS

Things ChatGPT can't do.

Control your desktop.

Claude in Cowork mode reads your files, organizes your folders, opens apps, and takes screenshots. Tell it to clean up your Downloads folder. It actually does it.

Manage from your phone.

Dispatch lets you send tasks from your phone while Claude works on your computer. Text it a task from the coffee shop. Come home to it done.

Build real documents.

Pitch decks, branded PDFs, spreadsheets, Word docs — Claude creates actual files, not just text in a chat window.

Run automations.

Set up scheduled tasks. 'Every Monday morning, check my email and draft replies to anything from brands.' It runs automatically.

Browse and act.

Claude controls Chrome. It can fill out forms, submit applications, research competitors, and pull data — not just tell you how.

THE PLAYBOOK

MAKE THE SWITCH.

*Five minutes. Zero lost context. A better AI for everything
you actually do as a creator.*

Send this to a friend who's still on ChatGPT.

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