

Create Your AI Twin

In three easy steps with Meet Future You

Your AI Twin is the version of you who's already arrived. Here's how to bring it to life.

1

Meet Future You.

Open the Meet Future You tool and answer the questions honestly. The richer your answers, the more real your Twin becomes. When you're done, it hands you a ready-made prompt.

2

Bring your Twin to life.

Copy that prompt and paste it into Claude or ChatGPT, then hit send. Just like that, the AI becomes your future self. It introduces itself and asks what you need.

3

Put your Twin to work.

Now give it a real goal. Paste this in:

PASTE THIS INTO YOUR TWIN

Using the description of my AI Twin — the version of me who's already arrived and accomplished my goals and dreams — create a step-by-step roadmap to close the gap between where I am now and where they are. For each step, include the specific strategies, tools, and mindset shifts I'll need.

Then keep going — ask your Twin about any goal, project, or decision. It's you, from the future, on call.

*Future you is already real.
This is just how you catch up.*