FREE HANDOUT · COMPETE ON AWESOME WITH AI

BUILD YOUR AI STYLIST

(And still text your friends.)

20 MINUTES | ANY AI | ZERO TECH SKILLS

1 MAKE YOUR CLOSET CATALOG

Open a Google Doc or Word doc. For each piece, paste in a photo and add one line: what it is, the color, and the season.

"Orange St. John blazer. Vintage. Fall and winter."

Keep it easy: start with your 15 favorite pieces, not your whole closet. Save it as a PDF when you're done.

2 START A PROJECT IN YOUR AI

Every major AI has a spot that remembers your files and instructions. Here's what it's called:

ChatGPT	Projects
Claude	Projects
Gemini	Gems (or Notebooks)
Copilot	Notebooks

Click **New**, name it **My Stylist**, and upload your Closet Catalog.

3 PASTE IN THESE INSTRUCTIONS

COPY AND PASTE

You are my personal stylist. Use only the clothes in my Closet Catalog. When I tell you where I'm going, the weather, and the vibe, pick a full outfit: top, bottom, shoes, jacket, and accessories. Tell me why it works in two sentences. Be honest. If something won't work, say so and suggest something better. Keep it short and fun.

Look for **Instructions** or **Custom instructions** in your project's settings.

4 ASK IT WHAT TO WEAR

Steal these to get started:

> THE EVERYDAY
> "Client lunch Thursday. 55 and sunny. Business casual. What should I wear?"

> THE TRIP
> "Pack me for three days in Atlanta. Carry-on only. Two dinners and one big presentation."

> THE MIRROR CHECK
> Upload a selfie: "Here's what I've got on. Honest rating out of 10?"

> THE TOUGH LOVE
> "What's wrong with this outfit? Don't be nice."

Pro move: that last one matters. AI loves to say yes. Asking it to push back gets you a real answer.

5 SEND IT TO A HUMAN

THE AI PICKS THE OUTFIT. YOUR FRIENDS GIVE THE HUG.

Once your stylist gives you a 10 out of 10, text the photo to a friend too. Let a real person hype you up. That part never gets automated.

LEVEL UP

Here's what mine does.

- Pulls the event details straight from my client intake form
- Checks the weather where I'm headed
- Knows my suitcase size and packs me to fit

Same idea, just plugged into my business systems. Imagine that kind of AI handling the busywork in *your* business. That's what Recoded is all about.

Let's talk: susanfrewspeaks.com

Heads up: AI tools change fast. If a button moves, look for "Projects," "Gems," or "Notebooks." And only upload photos you're comfortable sharing with your AI.

AI just got a whole lot more doable.