Set up Claude in three steps

Here's how to set up what I showed in my video: three things to do when you start using Claude, plus a bonus. You turn on its memory, install a skill that takes the habits of AI writing out of what it writes, and get a plan for Anthropic's free courses. The bonus brings over what ChatGPT knows about you. You won't write any code.

What you need

- **A Claude account** at claude.ai. Steps 1, 3 and the bonus work on any plan. In step 1, one of the two switches is for paid plans only.
- **For step 2 only: Claude Code or Codex.** The Humanize skill works in Claude Code (which needs a paid Claude plan) and in Codex (which needs a ChatGPT plan that includes it). It also

needs Python 3.9 or later. Nothing else to install, and no API keys.

- **For the bonus only:** a ChatGPT account whose memory you want to bring over.

Step 1: turn on memory

Memory lets Claude carry what you told it in past chats into new ones.

1. In Claude, go to **Settings > Your Claude**. (In the older Settings layout it's **Settings > Memory**.)
2. Switch on **Memory from chats**.
3. If you pay for Claude, switch on **Search and reference chats** too. It's for paid plans, so on Free you'll only see the first switch.

Claude's help page says memory is on by default for Free, Pro, Max and Ultra. Check the switch anyway. On Team and Enterprise, your organization's owner has to turn memory on.

Step 2: install the Humanize skill

Humanize makes AI-written text read like a person wrote it, without changing what it says. It finds the habits that give machine writing away, rewrites those sentences, then checks that every number, date, name, link and quotation is still there. It's built on Wikipedia's Signs of AI writing guide. It is free (MIT license) and runs on your computer.

Two things to know first:

- **It is not an AI detector.** It takes the known habits out of a text. It never promises the text will pass a detector.
- **It installs from a terminal, not by pasting a link into Claude's chat.** The repo says it works in Claude Code and Codex. It lists the Claude apps and ChatGPT as "not tested yet".

The skill's page is on GitHub.

In Claude Code. Open your computer's terminal and run these two commands, one at a time:

```
claude plugin marketplace add
psabbagh/humanize-skill
```

```
claude plugin install humanize@humanize-skill
```

You can also type the same two lines inside Claude Code, starting with `/plugin` instead of `claude plugin`.

In Codex. In your terminal:

```
codex plugin marketplace add
psabbagh/humanize-skill
```

```
codex plugin add humanize@humanize-skill
```

Then start a new Claude Code or Codex session so it picks up the skill.

Try it with this message, with your own text in place of the brackets:

```
Humanize this without changing what it says:
[paste your text]
```

You don’t have to type a command, asking is enough. If you prefer one, type `/humanize` in Claude Code and pick **humanize:humanize**, or type `$` in Codex and pick **humanize**.

If you give it 3 to 10 things you wrote yourself, it can learn how you write, for example “Learn how I write from these five emails, then fix this one.” The profile and your samples stay on your computer.

To remove it later, run one of these:

```
claude plugin uninstall
humanize@humanize-skill
```

```
codex plugin remove humanize@humanize-skill
```

Step 3: let Claude pick your first free courses

Claude Academy is Anthropic's free education site for Claude. Its page describes it as "Free AI education from Anthropic".

1. Copy the address `https://academy.claude.com`.
2. In a new Claude chat, paste it and send:

```
Use what you know about me and my business to
tell me which of these courses to take first.
```

Claude can only read what the page shows, which is the course titles and descriptions, not the lessons inside them. So you get a list of which courses to start with for your work, not a summary of what the courses teach. The more memory from step 1 holds about you, the better the list fits. If Claude knows little about you yet, add a sentence or two about your work in the same message.

Bonus: bring your memory over from ChatGPT

1. In Claude, go to **Settings > Your Claude** (older layout: **Settings > Memory**) and click **Start import**.
2. Claude shows you a prompt. Copy it and paste it into ChatGPT.
3. Copy ChatGPT's answer, paste it into the text box in Claude, and click **Add to memory**.
4. Review what was saved in the memory panel.

This brings over memories, meaning what ChatGPT has learned about you. It does not bring your old chats. Anthropic labels memory import "experimental and still in active development", so Claude may not take in everything. Import works on every plan, on the web and in the Desktop app.

Written on 26 November 2026 from Claude's help pages "Use Claude's chat search and memory to build on previous context" and "Import and export your memory from Claude", the Claude Academy page, and the Humanize repo's README and skill file. Claude changes fast: if a menu has moved, look for the same words in the app.