

Stop typing. Start rambling.

The prompt that turns a voice dump into a plan

You already know what you're trying to work out. You just don't want to type it. So don't. Hit the mic, talk for five minutes, and hand Claude the mess.

Talk for five minutes. Get back a plan.

In a Stanford study, speaking was 3x faster than a phone keyboard and made 20% fewer errors. You are not writing a prompt. You are thinking out loud and asking for it back in order.

Say this first

COPY THIS

I'm about to ramble. This is a voice dump, so expect typos, wrong words, half sentences and bad grammar. The transcription will get things wrong. Read for what I mean, not what the words say. If a word looks wrong, guess it from context and keep going.

When I stop, give me back:

1. What I'm actually trying to work out, in one sentence.
2. What matters here, separated from the noise.
3. Anything I sounded worried about but didn't name.
4. A priority order.
5. The next three things to do, concrete enough to start today.

Ask up to three questions if something is genuinely unclear. Skip anything you can reasonably guess.

Here's the dump:

Send that, then hold the mic and talk.

Four rules for the dump itself

- 1 · Don't edit yourself.** Backtracking, contradicting yourself and trailing off are fine. The model reconstructs it.
- 2 · Say the boring context.** Names, dates, who's annoyed, what you already tried. That's the part typing usually loses.
- 3 · Name the thing you're stuck on.** Out loud, in the middle of the ramble. It changes what comes back.
- 4 · Go five to ten minutes.** Under two and you've written a normal prompt slowly.



Where the mic actually is

Claude app	Mic icon in the chat box, iOS and Android.	Free on every plan
Claude Code	Type /voice, then hold space and talk.	Free, and doesn't touch your usage limits
<u>Wispr Flow</u>	Dictate into any app on your machine or phone.	Free to 2,000 words a week, Pro from \$12/mo
<u>Handy</u>	Same idea, fully offline. Your voice never leaves the laptop.	Free, open source

Claude's own mic is enough to start. The other two are for when you want to talk into everything else too.

Then do this

The synthesis it hands back is the useful artifact, not the transcript. Paste it into a project, a doc, or the top of tomorrow's chat. Next session starts with a briefed model instead of a cold one, which is the whole point of doing it.

Why this works

"lean back, switch to /voice and just ramble for like 10 minutes"

Andrej Karpathy, founding member of OpenAI. He notes that models are good at reconstructing long incoherent rambles, and that the version they hand back often comes out cleaner than what you started with.

x.com/karpathy/status/2079610838143623371

