

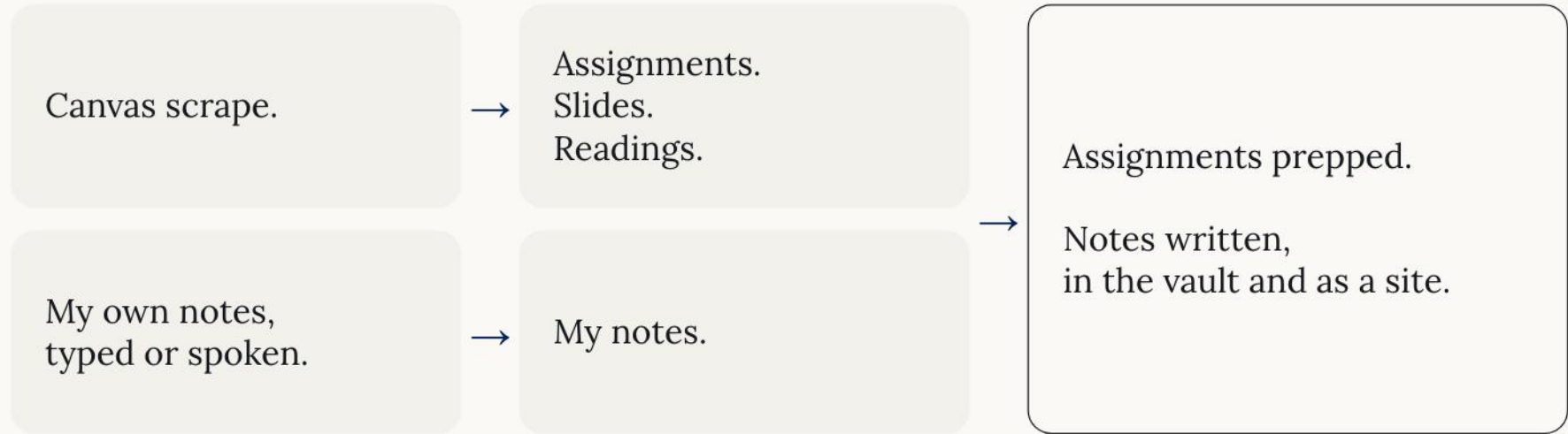
A CLAUDE CODE × OBSIDIAN DEMO

How to extend your mind.

A system that runs my life: what it does, what it did to my brain, and how to build your own.

Isabella Isotta

My Wharton system.



The people I meet.

Initial enrichment.

Ongoing contact.



The person note.

Metadata

Body

Every reference, queried

Writing with Claude.

1 Any voice dumps, and the related ideas I have done before, found.

2 Dump and brainstorm, together.

3 Structure.

4 Write, in my writing style.

5 I edit, and every edit is logged for the next change to my style.

Before and after a conversation.

Prep. /conversation-prep

- 1 Gather context from the vault.
- 2 Plan for the meeting.
- 3 Watch-outs, based on my patterns.

Review. /conversation-review

- 1 How well I did, against my patterns.
- 2 How well the plan worked, and whether I followed it.

 My record grows with every conversation.

The twenty-four functions of a mind, in eight families.

STORES

Semantic / factual knowledge

Episodic / autobiographical

Procedural / skills

MEMORY OPERATIONS

Encoding

Working memory

Retrieval · search

Retrieval · surfacing

ATTENTION

Sustained attention

Distraction resistance

Task switching

SPEED & STAMINA

Processing speed

Cognitive endurance

REASONING

Fluid reasoning

Inductive pattern extraction

Analogical reasoning / structure mapping

IMAGINATION & CREATIVITY

Divergent generation

Convergent selection

Elaboration

Mental simulation / imagination

INTRAPERSONAL

Metacognition / calibration

Emotional regulation

INTERPERSONAL

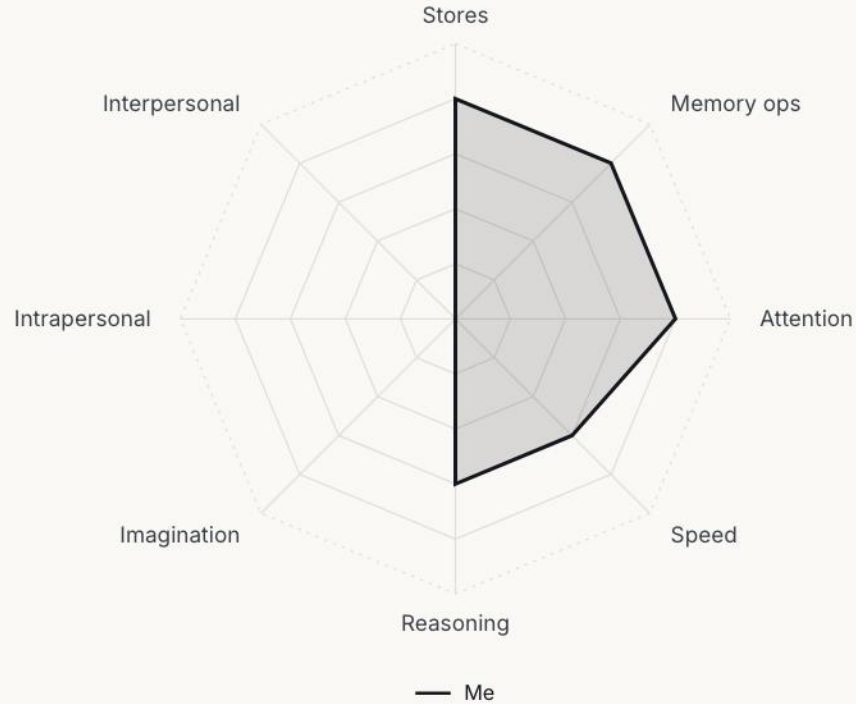
Mentalising (cognitive)

Emotion reading

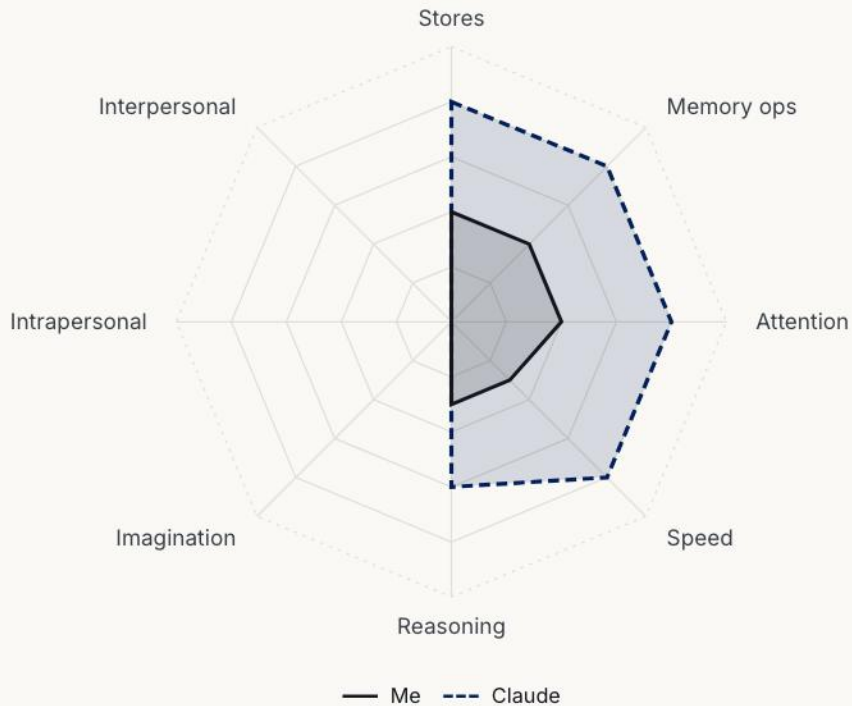
Affective empathy

Twenty-four functions in eight families: a list of what a mind does. From my cognition audit, isabellaisotta.com/cognition-audit, where every function is defined.

My Wharton system. Replace.

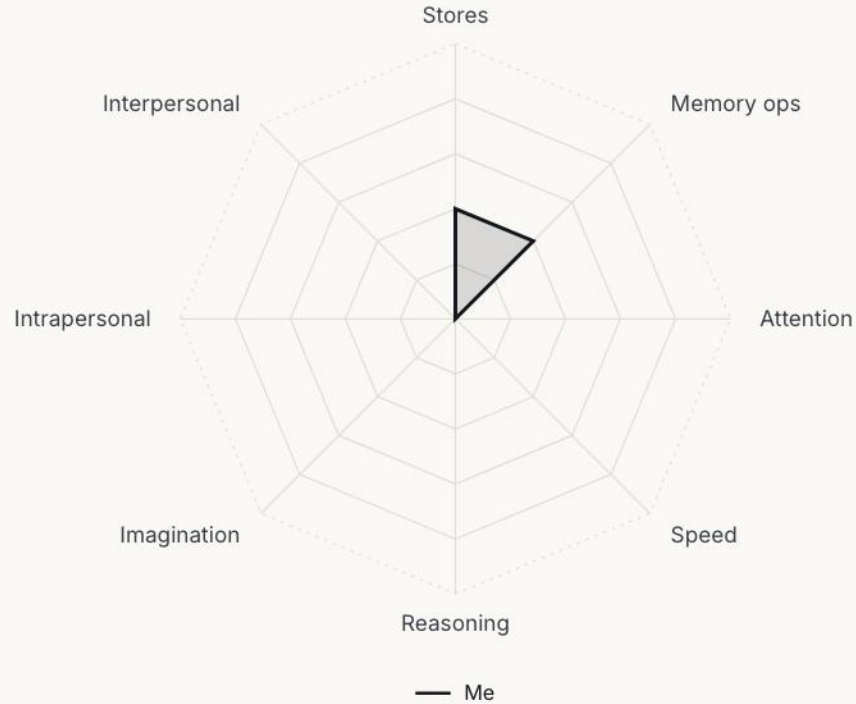


My Wharton system. Replace.

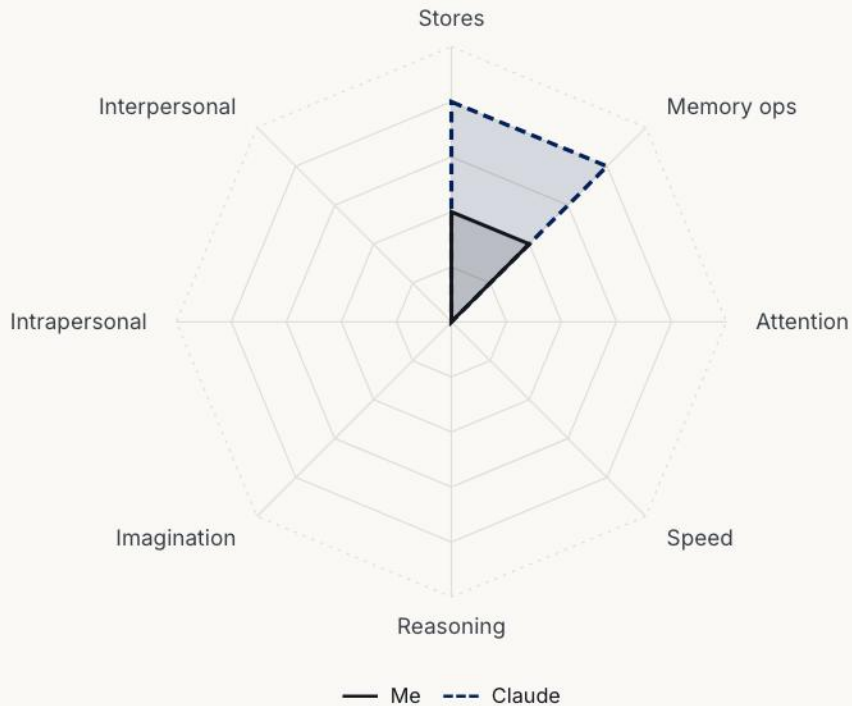


Frees my time.

The people I meet. Gap-fill.

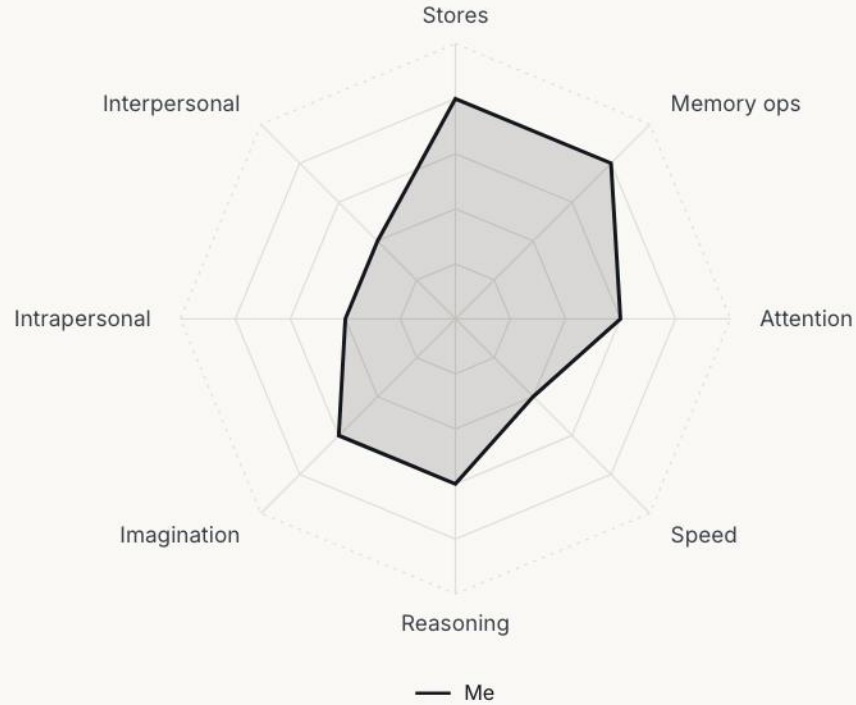


The people I meet. Gap-fill.

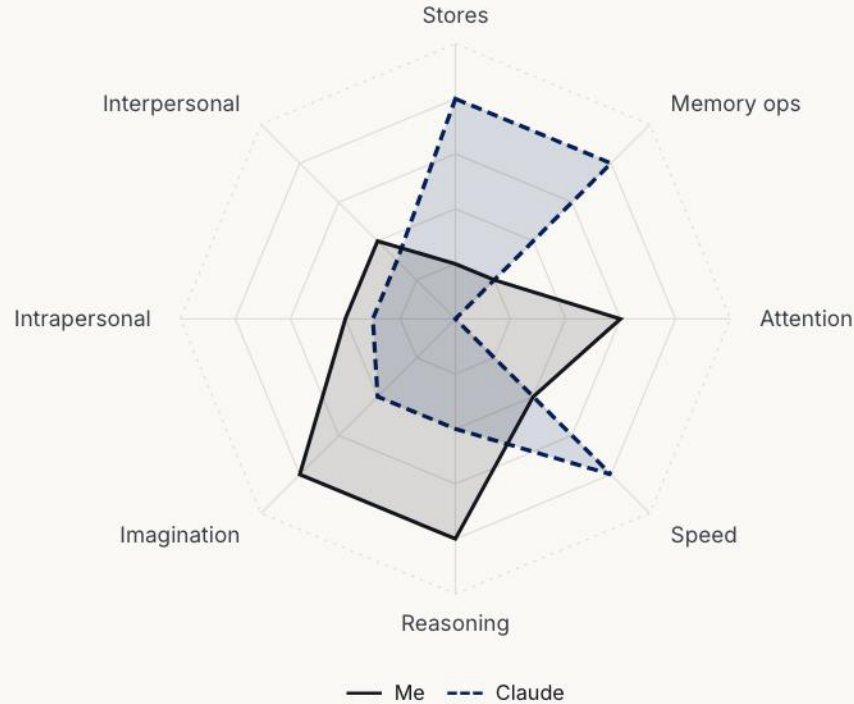


Extends my capability,
held in Claude.

Writing with Claude. Extend.

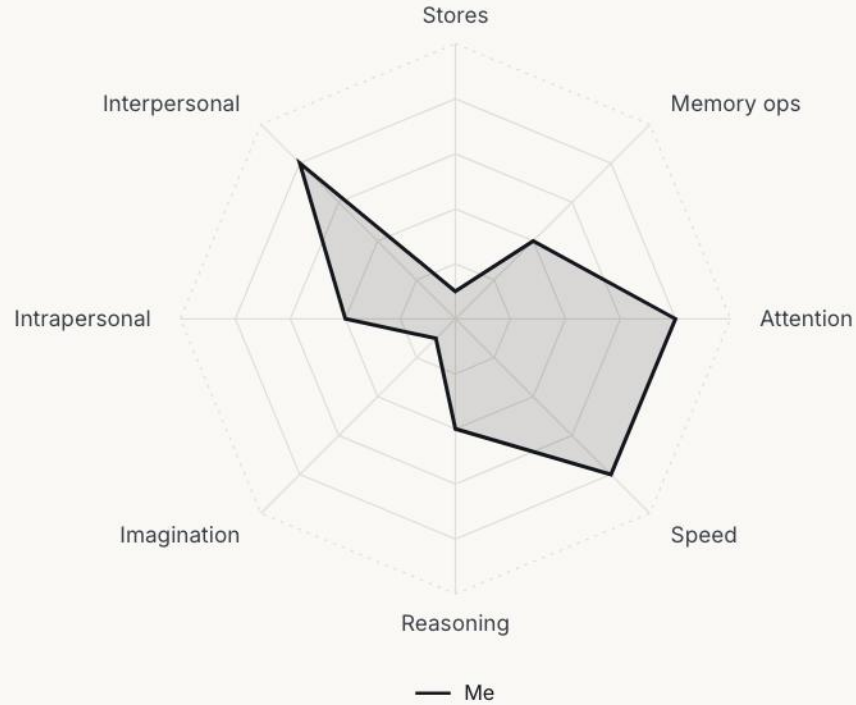


Writing with Claude. Extend.

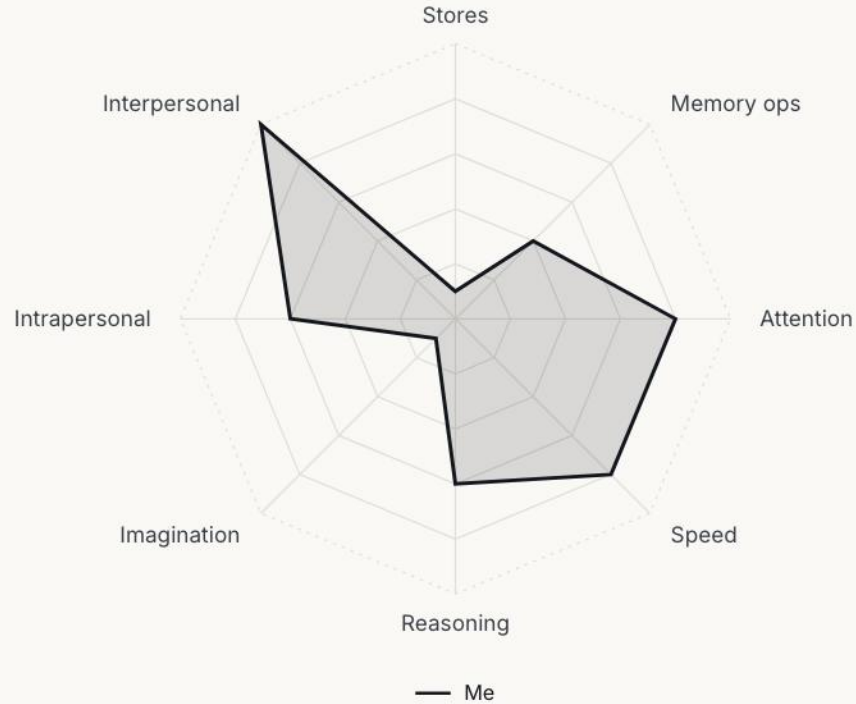


Frees my effort for the higher-value parts, and I do them better.

A conversation. Coach.

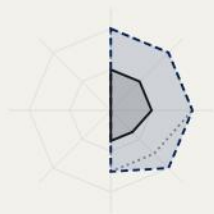


A conversation. Coach.



Extends my capability,
held in me.

What all of this does to my life.



MY WHARTON SYSTEM

Replace

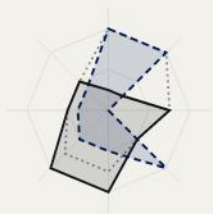
Frees my time.



THE PEOPLE I MEET

Gap-fill

Extends my capability, held in Claude.



WRITING WITH CLAUDE

Extend

Frees my effort for the higher-value parts, and I do them better.



A CONVERSATION

Coach

Extends my capability, held in me.

..... Me, before — Me, after --- Claude

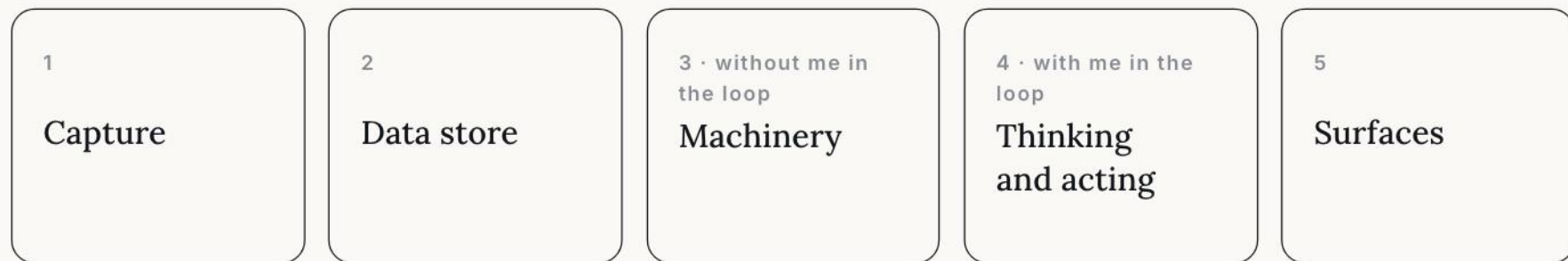
Far more free time for the high-value things, and help getting better at them.

PART C · THE FIVE PIECES

What it is made of.

One section per piece. How I did it on one slide, the principles behind it on the next.

Five pieces, and you have a system.



Every way in.

Phone · share sheet

A recorder, when they agree

Mail

Phone · voice and text shortcuts

Scrapers, on timers

Terminal

Getting things in.

1

One touch, at the
place you need it

2

Keep the raw files

3

Hand off routing
to the machine

Folders store, metadata organises.

THE FOLDERS. NUMBERED, FLAT, BORING; BORING IS THE FEATURE. A FOLDER SAYS WHAT KIND OF THING A NOTE IS, NEVER WHAT IT IS ABOUT.

NAVIGATION AND THE MACHINE

00 Map	01 Build Docs
02 Skills, Agents & Templates	03 To Do System
04 Inbox	

RAW, NEVER EDITED

11 Raw Content – Attachments	12 Raw Content – Captures
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PROCESSED, BY KIND

13 Meeting Notes	14 Admin
15 External Content Library	16 My Content Library
17 People · 18 Companies	19 Taste
21 Corpora	

ONE NOTE'S PROPERTIES: A MEETING NOTE, AS FILED (NAMES CHANGED). EVERY NOTE CARRIES THE SAME SKELETON.

```
title: Coffee with Anna Reid – Meeting Notes
date_created: 2026-09-14
type: meeting

source: Isabella & Claude
page_role: content

areas: ai, networking
efforts: b2b-ai-venture
tags: coffee, venture, intros

people: [[Anna Reid]]
with: [[Anna Reid]]

transcript: [[20260914_pers_coffee-anna-reid]]
artifacts: [[...09-31-02.m4a]]

description: Coffee about her move into venture; two intros offered...
```

Reorganise your life in the properties. The files never move.

Where the information lives.

1

Independent
of the engine

2

Flat folders
by document
type, not
by content
meaning

3

Metadata
does the
organising

4

Rigid file
structure,
flexible
meaning layer

5

Separate what
appreciates
from what
depreciates

The building blocks of the machinery.

DETERMINISTIC · DECIDES NOTHING

Script

Hook

JUDGEMENT · A MODEL READS IT

Skill

Agent

Headless Claude

BOTH · RUNS OR FRAMES EITHER

Context file

MCP

Scheduled job

What moves things, in two flavours.

1

A clear split:
judgement or
deterministic

2

Everything
that can be
deterministic, is

3

Anything
that can go
wrong goes
wrong loudly

4

Close
the loop:
autonomy
scales with
reliability

5

Hard
permissions

Thinking and acting, together.

Three verbs I do with it, and one that runs both ways.

Think.

- A brain-dump comes back as structure
- Frameworks: 2×2s, ladders, tables
- It argues with me: the character file
- Six advisors, each a corpus
- A panel, when one view is not enough
- A pre-mortem before a big call
- Coaching on a decision, against my own record

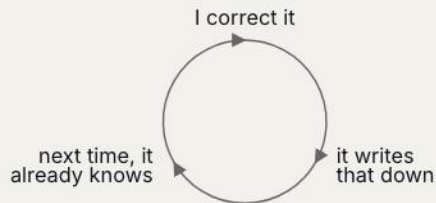
Build.

- This deck, from one text file
- My website
- New skills, hooks and scripts: I write the spec, it writes the code
- A course site from its lecture notes
- The Butler, the briefing, the coach: all built this way

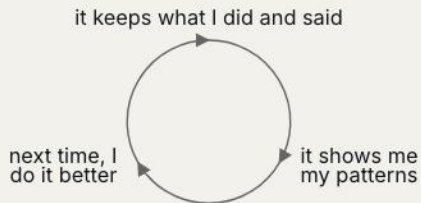
Do.

- Drafts in my voice, then my redline
- Read a PDF for me; find what I read once
- Calendar lookups, mail drafts
- A prep sheet before a call
- Mark my handwritten exercises
- Research a restaurant, and book it

Learn.



LOOP 1 · MY
CORRECTIONS
MAKE CLAUDE
BETTER



LOOP 2 ·
CLAUDE'S
CORRECTIONS
MAKE ME BETTER

In the loop with Claude: a symbiotic relationship.

The machinery runs without me. This is the piece where I am in the room, and the vault is the memory we share.

1

Tell it your goals,
not your spec

2

Build for how
you think

3

Connections
are easy

4

Judge it blind

Where it comes back to me.

NEVER A NEW PLACE TO CHECK. EVERYTHING THAT COMES BACK IS A DRAFT OR A QUESTION.

WHERE

WHAT LANDS THERE

MY MOVE

Outlook

My mail, sorted into folders every half hour. Replies drafted and waiting.

I send, or I don't.

Obsidian · Needs You

The questions only I can answer, on one page.

I decide.

Obsidian · Claude Did

What it did while I was away, written down every run.

I skim.

Obsidian · the dashboard

Tasks: the week ahead, what to sort, what Claude closed. Every count is a query; nobody maintains a page.

I tick, I move.

Obsidian · the briefing

The news I would want, there each day.

I read.

My phone

Claude Code itself, by remote control. The capture shortcuts.

I answer, I speak.

The browser

A whole course as a site. The AI news page.

I read.

A rendered file

This deck. A revision booklet. A prep sheet.

I present.

Where it meets you.

1

Meets you where you need it

2

Replicable processes

PART D · THE CLOSE

The rest of it, and why you should build one.

The rest of the list, what running my life through it has done to my profile, and the case for building your own.

What else it runs.

Studying

School

Course sites

Marking and revision

Reading

People

People

Mail

Conversation coach

Thinking

Writing

Ideas and journal

Advisors

Goals

Connections

The day

Tasks

Morning briefing

Taste

Booking

Building

Decks and
documents

Sites

What it has done to my profile.

How it changes me: three routes.



1 · INDIRECT · WITHIN EACH TASK

I do some things more, some things less.



2 · INDIRECT · ACROSS TASKS

The mix of my day changes.



3 · DIRECT

It tells me, and I change.

How it has changed me: two examples.

BETTER AT

Seeing the map.

WORSE AT

Holding one argument end to end.

What this does to a business.

A business is organisational cognition: decisions, information, execution. The same functions, run by many minds at once, and augmented the same four ways.

REPLACE

The call centre.

Frees the firm's time.

GAP-FILL

Marketing to one.

Extends the firm's
capability, held in the
system.

EXTEND

**The engineering
team.**

Frees the firm's people for
the higher-value parts,
and they do them better.

COACH

The sales team.

Extends the firm's
capability, held in the
people.

The profile shifts. That is the jobs question.

The cognition that gets subcontracted is the work that goes. The muscles that run the systems are the new roles. My web, one level up.

Building it for a business.

The same five pieces, the same principles, at company scale.



You learn the principles by doing it for yourself first. If this is your world, find me afterwards.

Three things I want you to leave with.

1

This exists

2

You can build it

3

It's a door

It exists.

Not a demo built for tonight. Built up, and used every day, since the start of the year. The four things you watched are four of eighteen that run on it.



The loop: everything on the right comes back to me as a draft or a page to read. I read, I decide, I correct, and every correction goes back into the engine, so next time it already knows. Its record of me runs the other way: next time, I do it better.

You can build it.

1

Inspiration

2

The building
blocks

3

The principles

4

Curiosity

It's a door.

1

You can read
everything it reads

2

You are your own best user

3

The principles carry

Once you have built this, you can build anything. It is the first stepping stone, and the easiest to get started on.

FOR THE WAY HOME

Other things to read.

Tiago Forte

Building a Second Brain, the book that named the idea. Capture, organise, distil, express.

Andrej Karpathy

The llm-wiki idea: raw sources, a persistent markdown wiki the model maintains, Obsidian as the human's window onto it.

Daniel Miessler

Personal AI Infrastructure (PAI), the most complete open framework, and where my goals file comes from.

WHERE TO FIND ME

Keep in touch.



LinkedIn

[linkedin.com/in/isabella-isotta](https://www.linkedin.com/in/isabella-isotta)



Website

isabellaisotta.com