

THE CONSTRUCTIVE GRID ROAST.

One prompt. It reads your grid the way the right person does in the first few seconds, then roasts it. Honestly. What is working that you should lean into, what is quietly costing you, and exactly what to change. Constructive. Specific. A little ruthless.

IT IS NOT A CONTENT PROBLEM.

You have been told to post more, post consistently, find your niche, fix your hook. So you make more content. And the right people still scroll past.

Here is what is actually happening. The person you most want to reach lands on your profile and gives it four seconds. In those four seconds they are not reading your captions. They are reading your grid as a single composition. Bio, profile image, highlight covers, the top nine posts. And deciding one thing: **is this for me, or not.**

When they leave, it is rarely because the content was bad. It is because the grid was not legible. It said three different things at once, or it said nothing they could place themselves inside. The signal was there. It just was not readable at the speed they were moving.

That is a diagnosable problem. And you do not need an agency or another course to see it. You need a second set of eyes that reads with no kindness and no assumptions. That is exactly what the prompt on the next page does.

WHAT THIS PROMPT IS

A single instruction you give to Claude while it is looking at your live Instagram profile in the browser. It returns an honest read: what is genuinely working and worth amplifying, what is quietly costing you, and the fixes worth making, ranked. That is the roast. What you do with it is the next conversation.

RUN THE ROAST.

- 1** **Open Claude in Chrome.** Use the Claude extension (or `claude.ai` in a Chrome tab) so Claude can see the page you are on.
- 2** **Go to your own Instagram profile** in that tab. The grid view, logged in, exactly as it appears to a visitor.
- 3** **Paste the prompt below.** Let it read the page, then read the roast it gives you back.

COPY THIS. PASTE IT TO CLAUDE WITH YOUR PROFILE OPEN

Constructively roast my Instagram. You are looking at my profile in this browser tab. Read it the way the right person does in the first few seconds, then be honest, specific, and a little ruthless. No flattery.

Tell me:

The roast. What is quietly costing me. The exact posts, the bio, the highlights, the grid as a whole.

What's working, lean in. What is genuinely landing that I am underusing. The threads, formats, or posts to do more of, and how to amplify them.

The fixes, ranked. The specific changes that would grow the right audience and lift saves, shares, DMs, and comments. Most important first.

The one move this week. If I only do one thing, what is it, and what it will change.

Be concrete enough that I could act on it today. No pep talk.

THE ROAST. THEN EXACTLY WHAT TO DO.

You will get an honest read in four parts: what is quietly costing you, what is working that you are underusing, the fixes that matter ranked in order, and the single move worth making this week. Most founders already feel the roast before they read it. Seeing it named, and seeing what to do about it, is the part that moves them.

Do the one move. Lean into what is working. Then run it again next week and watch the read change. That is the whole exercise. Capability, in your hands, tonight.

THE HONEST FLOOR

This roast shows you what is off and what to amplify. It does not make the fix repeatable, on-voice, and consistent across every post. A single prompt cannot hold your frequency.

That is what the **Conscious Founder Operating System** is: your voice and your architecture, installed once, so every surface reads as you, without starting from a blank prompt each time. When you want that, you know where I am.

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