

# MYOS

Give your AI a memory — install & use guide

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MYOS is a small set of plain folders that gives your AI assistant memory across sessions. It reads **who you are**, **how you work**, and **what this project is** before every task — so you stop re-explaining yourself, and it's useful from the first message instead of the tenth. The whole idea in one line: **your files are its memory**. No code, nothing to install — just unzip and go.

## 1 What's inside

<code>CLAUDE.md</code>	The brain of the kit. Tells your assistant what to read, and when — before and after every task.
<code>_myos/core/about-you.md</code>	Who you are, how you sound, and what this project is.
<code>_myos/core/rules.md</code>	Your standards and how you like to work.
<code>_myos/agents/</code>	Optional helpers for specific jobs (like a writer). Keep, swap, or delete.
<code>_myos/notes/lessons.md</code>	What's worked and what hasn't — it gets smarter over time.
<code>_myos/output/</code>	Where your finished work is saved, so nothing's lost between chats.
<code>_myos/references-playbooks/</code>	Settled facts your assistant treats as always-true.

## 2 Install — about a minute

Unzip the kit straight into your project's **root** folder, so `_myos/` sits right beside `CLAUDE.md` :

```
RIGHT
my-project/
├── _myos/      ← at the root
```

```
├─ CLAUDE.md
└─ (your files)
```

#### WRONG

```
my-project/
├─ myos-kit/ ← extra wrapper
│   └─ _myos/
│       └─ CLAUDE.md
```

Your assistant looks for `_myos/` at the root. If it's tucked one folder deeper, a fresh session finds nothing. So: no wrapper folder around it.

Already have a `CLAUDE.md` in this project? Don't overwrite it — just paste the MYOS block from the kit's `CLAUDE.md` into your own.

### 3 First run — setup in clicks (~30 sec)

Just give your project any task. Your assistant notices it isn't set up yet and runs a quick setup first. Nearly every question is multiple-choice — you click, you barely type.

#### Step 0 — Which path?

It asks whether this is your first time ever using MYOS, or you already have it in another project.

#### First time ever →

a short click-through about you: who you are, how you want it to sound, your standards. This is your identity — you set it once.

#### Already have it →

point it to another MYOS project and it copies your identity over unchanged, so you sound the same everywhere. No re-answering.

#### Then →

a few quick questions about this project — what it is, who it's for, what "done well" means. It says "MYOS is set up," and never asks again.

### 4 Day to day — it runs itself

- **Before every task** it reads your core files and notes, so it starts already knowing you.
- **After every task** it saves what it made into `_myos/output/` and jots a one-line lesson — automatically. You don't manage any of it.
- **Your files, your truth.** It's all plain text you own. Edit anything anytime; your assistant follows it.

### 5 Check it's working

Open the project in a fresh chat and ask: `What is this project and how do I work?` If it answers correctly without being told — your voice, your standards, your project — MYOS is live. That's it.

**Just start building.**