

A 60-SECOND TIP

# Switch to Claude.

## Bring your memory with you.

*Move years of ChatGPT, Gemini, or Grok context into Claude in under a minute.*

# Years

of context.  
Trapped.

## THE PROBLEM

### Switching tools shouldn't mean starting from zero.

#### Your style

Tone, formatting, length preferences

#### Your work

Role, projects, frameworks, decisions

#### Your shorthand

Acronyms, nicknames, recurring tasks

RICK & ISABELLA PIÑA

## THE FIX

*One page. One click. One minute.*

# claude.com/import-memory

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**Built by Anthropic. Free to use.**

Works with ChatGPT, Gemini, and Grok.

*Bookmark it. Share it. Use it.*

# Three steps. Sixty seconds.

1

**COPY**

Visit [claude.com/import-memory](https://claude.com/import-memory)  
and copy the prompt

2

**PASTE**

Drop it into ChatGPT, Gemini,  
or Grok. It dumps everything  
it remembers about you

3

**IMPORT**

Copy that output. Paste it into  
Claude's memory settings.  
Done.

***Claude finishes processing within 24 hours.***

# Your AI knows you.

*Now Claude does too.*

## Personal

Name, location, timezone, language

## Work

Role, company, industry, projects

## Technical

Languages, frameworks, coding style

## Style

Tone, length, formatting preferences

### REQUIRES

Claude Pro, Max, Team, or Enterprise plan

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