



FRAME × FRAME ACADEMY

Your First AI Agent — Setup Guide

From zero to a working agent today.

WHAT AN AGENT IS

- Chatbot ANSWERS. Agent ACTS — takes a goal, picks tools, finishes the job.
- 4 parts: Brain (model) + Tools (hands) + Memory (files) + Loop (think-act-check).

THE 5 STEPS

- 1. Install Claude Code (instant Level-2 agent).
- 2. Give a GOAL, not steps ('organize my Downloads + report what moved').
- 3. Add Skills (Superpowers, design, review) = more hands.
- 4. Add memory.md so it remembers you.
- 5. Let it loop — correct the aim, not the steps.



FIG 01

THE 4 PARTS — a brain (model) wired to tools (hands), memory (files), and the think-act-check loop. That loop makes it an agent.

THE MEMORY.MD TEMPLATE

- # About me: [who you are, what you do]
- # Current projects: [list]
- # Preferences: [how you want it to work]
- # Don't: [hard rules]

10 STARTER GOALS

- Organize a folder; draft 5 captions; rename clips; summarize a PDF; build a landing page; research a topic; clean a spreadsheet; generate a thumbnail; write a script; plan a shoot.



FIG 02

GOALS, NOT STEPS — hand it one clear goal card and let it juggle the steps. You correct the aim, not the keystrokes.

► **Install it, give it one real job, post the result in the Discord.**