FULL LESSON

FXF ACADEMY · YOUR AI CREW · BEGINNER

AI Agents 101 — What They Are & How To Build Your First One

Teaching script · talking-head + screen-record · synthesized from Nate Herk (n8n), Nick Sadler (RooFlow), Jonathon Jennings (Jarvis), Mike Moore (Claude Skills), Neeraj Chemburkar (Nexus)

COLD OPEN (0:00–0:20)

> *ON-SCREEN: "Everybody says 'AI agent.' Almost nobody can tell you what it actually IS."*

"I'm about to fix that. By the end you'll know exactly what an AI agent is, how it's different from chatting with ChatGPT, and you'll build your FIRST one — today, free, no code degree. Let's go."

PART 1 — WHAT AN AI AGENT ACTUALLY IS (0:20–2:30)

A chatbot ANSWERS. An agent ACTS. It takes a goal, decides the steps, uses tools, and finishes the job without you holding its hand.

> *"ChatGPT talks back — it's a really smart mouth. An AGENT is that same brain, but you gave it HANDS. It opens files, sends messages, edits images, runs code. You give a goal, it figures the steps, picks the tool, does it."*

- **The Brain (model)** — the LLM that reasons. Claude, GPT, local. The thinking.
- **The Tools** — what it can DO. Send a message, write a file, call an API, make an image. Hands.
- **The Memory** — what it remembers between tasks so it stops repeating itself. The secret weapon.
- **The Loop** — think → act → check → think again, until done. The loop makes it an agent, not a chatbot.

Real example — Nate Herk's n8n media agent: he texts it on Telegram 'studio-shot this photo, 3 versions, make a VFX ad with music,' and it processes, saves to Drive, renames, generates the video on its own. Brain + tools + loop.

Mindset shift: stop asking 'how do I prompt this.' Ask 'what job do I want DONE.' You're not a user — you're a manager. The agent's your worker.

FIG 01 **ANSWERS vs ACTS** — a chatbot is a mouth; an agent is the same brain with hands that move files, press keys and finish jobs.

PART 2 — THE TYPES: THE LADDER (2:30–4:00)

- **Level 1 — Chatbot:** talks. (ChatGPT in the browser.)
- **Level 2 — Single agent + tools:** one brain, a few hands. (Claude Code that reads/writes files + runs commands.)
- **Level 3 — Workflow agent:** a fixed pipeline that runs itself. (Nate's n8n agent, triggered by a text.)
- **Level 4 — Multi-agent crew:** many specialists sharing context. (Nick Sadler's RooFlow — 60 agents: plan, code, test, security; cut his AI bill 75% by routing simple jobs to a free tier.)

You start at Level 2 today. The people running 60-agent crews started with one.

FIG 02 **THE LADDER** — chatbot, then agent with tools, then a self-running pipeline, then a crew of specialists under one shared context.

PART 3 — BUILD YOUR FIRST AGENT (4:00–8:00)

Level-2 agent: a brain with real hands, on YOUR computer. Fastest on-ramp = **Claude Code** (an agent out of the box).

- **Step 1 — Give it a body:** install Claude Code. One command. Now it can touch your files, not just talk.
- **Step 2 — Give it a job (goal, not steps):** bad = 'open file, change line 4.' Good = 'Organize my Downloads by file type and tell me what you moved.' Watch it plan + do. That's the loop.
- **Step 3 — Give it tools (Skills):** snap-on abilities — Superpowers (plan/write/test/review), Front-end design, Code review, Security review. Each skill = a new pair of hands.
- **Step 4 — Give it memory (secret weapon):** Jonathon's 'Jarvis' is just plain text files the agent reads first: memory.md (about you), tasks.md (in flight), personality.md (how to act), notes.md (everything else). Memory is just files the agent reads at session start. (Exactly how TradeBrain works — scaled up with a vector database.)
- **Step 5 — Let it loop:** give the goal, get out the way. It thinks, acts, hits an error, fixes it, tries again. You check the result and correct the AIM, not the steps.

FIG 03 **MEMORY IS JUST FILES** — a folder of plain-text notes the agent reads at session start is what separates a toy from a tool.

PART 4 — LEVELING UP (8:00–9:30)

- **Add a trigger** → it runs without you (a text, a new file, a schedule, an email). That's Level 3.
- **Split the work** → spin specialists: researcher, writer, reviewer, sharing context. That's Level 4 — a crew.
- **Map your context** → tools like Nexus graph everything so the agent never breaks what it didn't know was connected.

The principle never changes: **brain + tools + memory + loop.** You're just adding more hands and more workers.

THE RECAP (9:30–10:00)

An agent = a brain you gave hands, memory, and a loop.

- Chatbot answers. Agent ACTS.
- Start at Level 2: Claude Code on your machine.
- Give it a GOAL, not steps. Extend with Skills. Give it memory with files. Let it loop.

> *"That's not the future. That's a Tuesday. Now go build one."*

EXERCISE (HOMEWORK)

- Install Claude Code.
- Give it ONE real goal from your actual work (organize a folder, draft + save 5 captions, rename a batch of clips).
- Create a memory.md with 3 facts about you and your work. Watch the difference.
- Post what you built in the Discord. We'll tell you your next skill to add.

FREE GUIDE — "Your First AI Agent — Setup Guide": the 5 steps + the exact memory.md template + 10 starter goals. Comment AGENT on the clip / link in the Academy.