

Record a Skill.

Show Claude a task once — screen-record it, narrate your reasoning — and it builds a skill it can run or schedule on its own. Claude Cowork · macOS · Pro / Max / Team.

BEFORE YOU START

What you need

- ✓ Claude desktop app on macOS, latest version.
- ✓ A paid plan: Pro, Max, or Team.
- ✓ Cowork turned on.
- ✓ Grant Claude Screen Recording + Accessibility.
- ✓ A repeatable task on your own desktop.

PICK THE RIGHT TASK

What works best

GREAT FIT

- Repetitive, rule-based work — reports, file cleanup, tidying data.
- Clear logic you can say out loud.
- Work in apps or browsers, where clicks are visible.

SKIP IT FOR

- Fuzzy tasks that need fresh judgment every time.
- Sensitive data you'd rather not record.

THE FLOW

Six steps, start to finish

- 1** Open Claude, then Cowork.
Start a session, or switch Cowork on.
- 2** Start recording.
Click + in the composer → "Record a skill."
- 3** Do the task normally.
Keep it clean — every click gets replayed.
- 4** Talk through your thinking.
Say the why, the rules, and what can vary.
- 5** Stop when done.
Claude turns it into a skill.
- 6** Review, test, use.
Try it fresh; run by hand or schedule it.

TRY IT THIS WEEK

- 1** Update the app; confirm Pro / Max / Team.
- 2** Turn on Cowork; grant the two permissions.
- 3** Record one boring weekly task, narrating as you go.