



Stop searching for prompts. Start running workflows.

AI builders get lost mid-project: they copy random prompts, skip verification, and ship apps that only look done. Flows replaces prompt-hunting with guided execution paths — every step has the exact prompt, the context pack to prime the AI, a checklist to verify it actually worked, and a recovery prompt for when it did not.

109

curated flows, hand-crafted & research-backed

9

categories: build, debug, launch, QA, agent engineering

87

research sources in the cross-linked Vault

3

prompt variants per step: basic / detailed / aggressive

HOW IT WORKS

01 – SEARCH

Name your goal

"Fix fake auth", "Stripe checkout", "Product Hunt launch" — get the right flow, not 400 prompts.

02 – RUN

Follow the steps

Copy the context pack, then run each step's prompt in Emergent, ChatGPT, Claude, or Cursor.

03 – VERIFY

Prove it works

Every step ships an expected result and a QA checklist. A Definition of Done gates "finished".

04 – RECOVER

Get unstuck

When the AI fakes it or breaks something, the recovery prompt puts the build back on course.

WHY IT IS DIFFERENT

- **Execution system, not a prompt library:** ordered steps with verification gates — like CI/CD for building with coding agents.
- **Research-backed:** flows cite a curated Research Vault of agent-engineering sources (Claude Code internals, memory systems, MCP tooling, agent security) with summaries and reliability notes.
- **Honest about failure:** every flow lists Common Failures — the ways AI builders typically fake this exact task — and how to catch them.
- **Custom flows on demand:** describe any goal and the generator writes a full flow in the same verified structure, clearly labeled as a draft.