BEFORE THE WORKSHOP

Set up your free accounts

Idea to Launch: Your App and Website, Built Today | YES Montreal |

You need two free accounts to take part. One AI chat account and one Lovable account. Setting them up takes about 10 minutes.

Do this at home, before the workshop. We start building right away.

What you need first

- A laptop, not a phone or tablet. You will be building on a real screen.
- An email address you check regularly
- About 10 minutes

**None of these accounts ask for a credit card. If a page asks for payment details, you clicked into a paid plan. Go back and look for the free option.

Step 1: Set up your AI chat account

Pick one. Claude or ChatGPT. Either works for the workshop. If you already have one, skip ahead to Step 2.

Option A: Claude

1. Open your web browser. Type **claude.ai** into the address bar at the top and press Enter.
2. Click **Sign up**.
3. Type in your email address. Or click **Continue with Google** to use your Google login instead. Google is faster.
4. If you used your email, watch for a message from Anthropic with a code. Copy the code. Paste it into the box on the Claude page.
5. Fill in your name and date of birth when asked.
6. You land on a page with a big message box in the middle. That is it. You are in.

Option B: ChatGPT

1. Open your web browser. Type **chatgpt.com** into the address bar and press Enter.
2. Click **Sign up**.
3. Type in your email address. Or click **Continue with Google**, **Apple** or **Microsoft** to use a

login you already have.

4. If you used your email, create a password. Write it down somewhere you will find it.
5. Watch for a verification message from OpenAI. Click the link inside it.
6. Fill in your name and birthday when asked.
7. You land on a chat screen with a message box at the bottom. You are in.

**Free accounts limit how many messages you send per day. That limit is fine for a two-hour workshop.

Step 2: Set up your Lovable account

Lovable is the tool that builds your app and your website. This is the one we spend most of the night in.

1. Open your web browser. Type **lovable.dev** into the address bar and press Enter.
2. Click **Sign up** or **Get started** in the top right corner.
3. Click **Continue with Google** to use your Google login. Or sign up with your email address.
4. If you used your email, watch for a verification message from Lovable. Click the link inside it.
5. You land on a page asking what you want to build. **Do not build anything yet.** We do that together on the night.
6. Look for your name or a profile icon in the corner. If it is there, you are in.

**Free Lovable accounts include a small number of daily build credits. Do not spend them practising before the workshop. Save them for the night.

Step 3: Test your logins the day before

Five minutes on Monday saves you fifteen on Tuesday.

- Open both sites and log in. No password resets on the night.
- Keep your passwords somewhere you reach from your laptop.
- Use a personal laptop if you have one. Work laptops often block new sites and installs.

What to bring on the night

- Your laptop and charger
- Both accounts set up and tested
- One business idea, written in a single sentence. Rough is fine.

- Optional: your logo, brand colours or a few photos of your work

If something goes wrong

THE PROBLEM	WHAT TO DO
The verification email never arrives	Check your spam or junk folder. Wait two minutes. Then click Resend on the sign up page.
You forgot your password	Click Forgot password on the login page and follow the steps. Do this before Tuesday.
A page asks for a credit card	You are on a paid plan page. Close it and look for Free, Basic or Skip for now.
The site is blocked on your laptop	Your workplace blocks it. Bring a personal laptop instead.
The buttons look different from these steps	These sites update often. Look for the wording closest to what is written here. The order of steps stays the same.
You are stuck and out of ideas	Email el@superpowerswithai.com before the workshop. Bring a screenshot of what you see.

Come with an idea and two working logins.