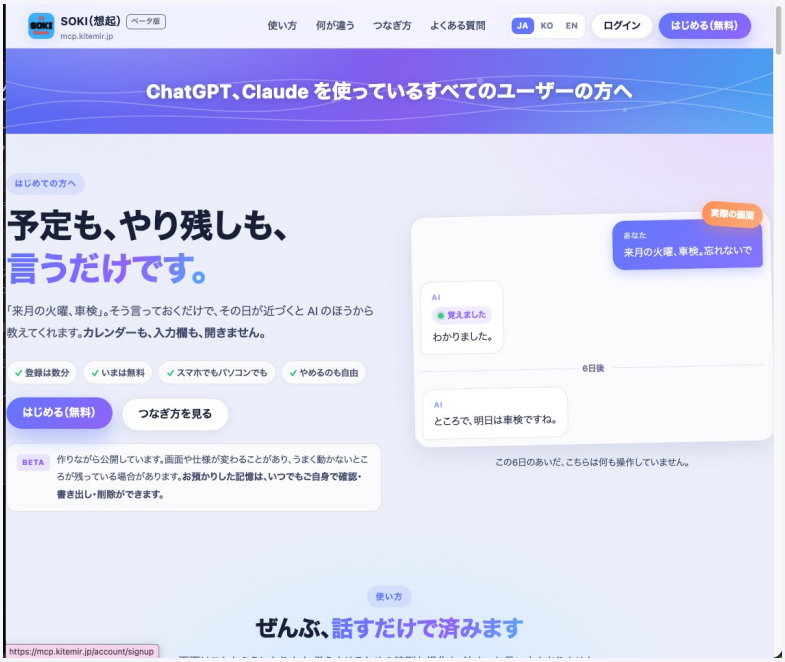
SOKI setup (web)

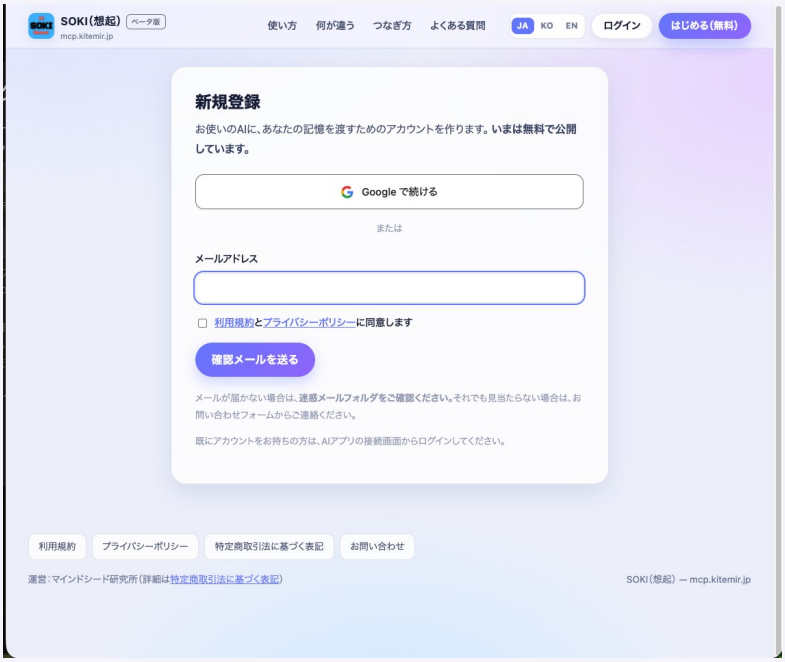
Open https://mcp.kitemir.jp/ in your computer's browser to begin



1

Open the top page

Open https://mcp.kitemir.jp/ and click the "Get started (free)" button.



2

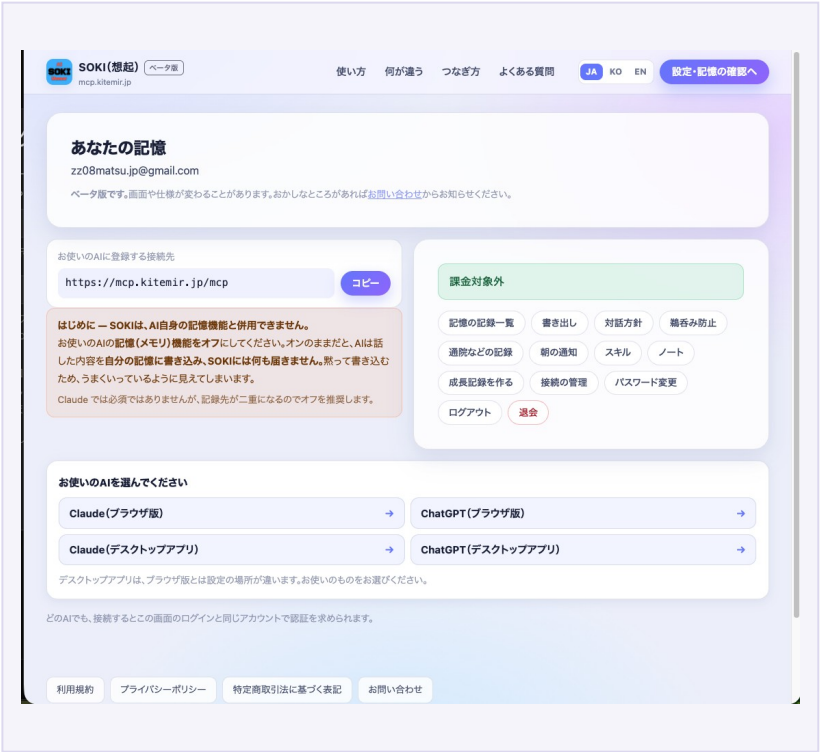
Sign up

Press "Continue with Google", or enter the email address you want to use.

Check "I agree to the Terms of Service and the Privacy Policy".

If you signed up with an email address, a confirmation email will arrive. Follow the instructions in it.

※ The screenshots show the Japanese screens. Your screen shows the same items in your language, in the same places; button names may differ slightly.



3

Dashboard

After you log in, the SOKI dashboard appears.

First, set “How it talks”.

4

Setting “How it talks”

Under “Choose a set”, pick “Check first” (recommended).

To fine-tune, use “Decide one at a time” and pick each item from its drop-down list.

5

“Not at face value” setting

This feature points out what an AI answer is based on.

The default is “1 On (default)”. You can leave it as is.

6

Health and similar records

If you also want to record plans such as “dentist tomorrow”, select “Store it” and press the “Save” button.

If you don’t want them recorded, leave it at “Do not store (default)”.

7

Morning notice

Check “Receive the morning notice” and choose the time you want to receive it.

Check “Skip weekends” or “Include the content in the email” if you want them.

Register the address to send to with “Add and send a confirmation email”, then confirm it from the email you receive.

8

Notes (only if you use them)

If your notes are kept in a folder as .md or .txt files (Obsidian, Logseq, etc.), choose that folder with “Choose your notes folder”.

If you don’t use notes, you can skip this.

9

Growth record

Choose a period and press “Make a growth record” to see a summary of how your thinking has changed.

Then follow the instructions on screen.

10

Connections

Press “Copy” to copy the URL for connecting your AI.

You will use it when setting up the connector in ChatGPT or Claude.

After setup, you can also check here whether things are being recorded.

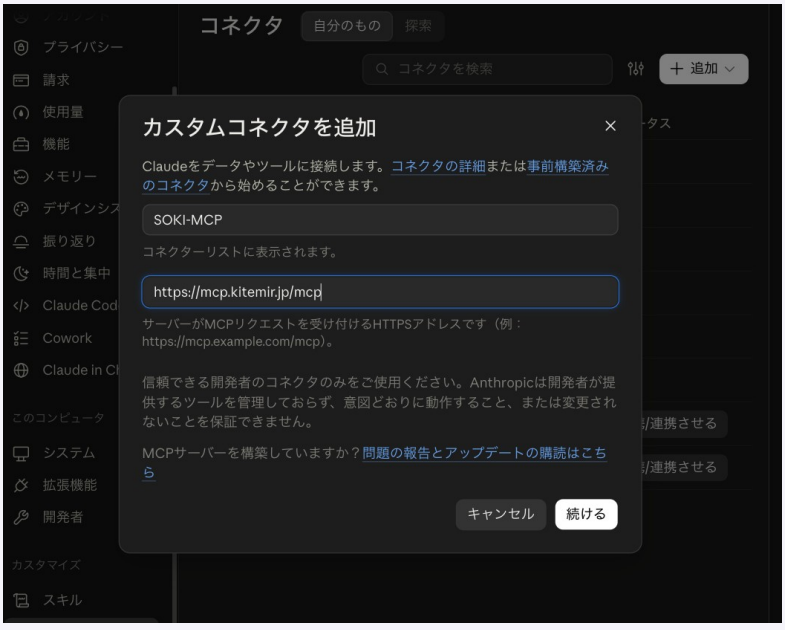
① Claude desktop app setup (recommended)

Settings made here are also synced to the web version and the smartphone app

1

Open Connectors

Go to Settings → “Connectors”, then click “Add” (top right) → “Add custom connector”.



2

Add custom connector

Enter a name (e.g. SOKI-MCP) and the URL you copied in SOKI setup ⑩.

Include the URL all the way to the /mcp at the end.

Click “Continue”.

3

Authentication

For authentication choose “Sign in now”; for the OAuth client choose “Use Claude’s public identity”.

Both are the items marked “Detected”.

4

Add

Scroll down and click “Add”.

When the SOKI login screen appears, log in and allow access.

5

Tool permissions

Open SOKI-MCP under Settings → “Connectors” to see its tool permissions.

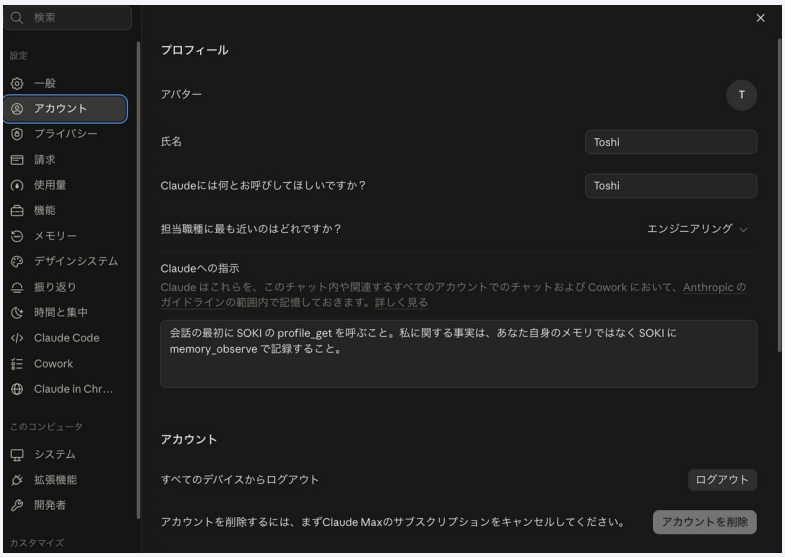
At first they are set to “Needs approval”.

6

Change to “Always allow”

Set both “Read-only tools” and “Write/delete tools” to “Always allow”.

⚠️ If the write side is not allowed, what you say will not be recorded.



7

Instructions for Claude

Paste the line below into Settings → “Account” → “Instructions for Claude”.

The line to paste into your custom instructions (copy it)

At the start of every conversation, call SOKI's profile_get. Record facts about me with SOKI's memory_observe, not in your own memory.

(Required)

⚠️ Turn off Claude’s own memory (Settings → “Memory”).

If it stays on, what you say may go into Claude’s own memory and not reach SOKI.

⚠️ **Turn off Claude's own memory (Settings → "Memory").**

If it stays on, what you say may go into Claude's own memory and not reach SOKI.

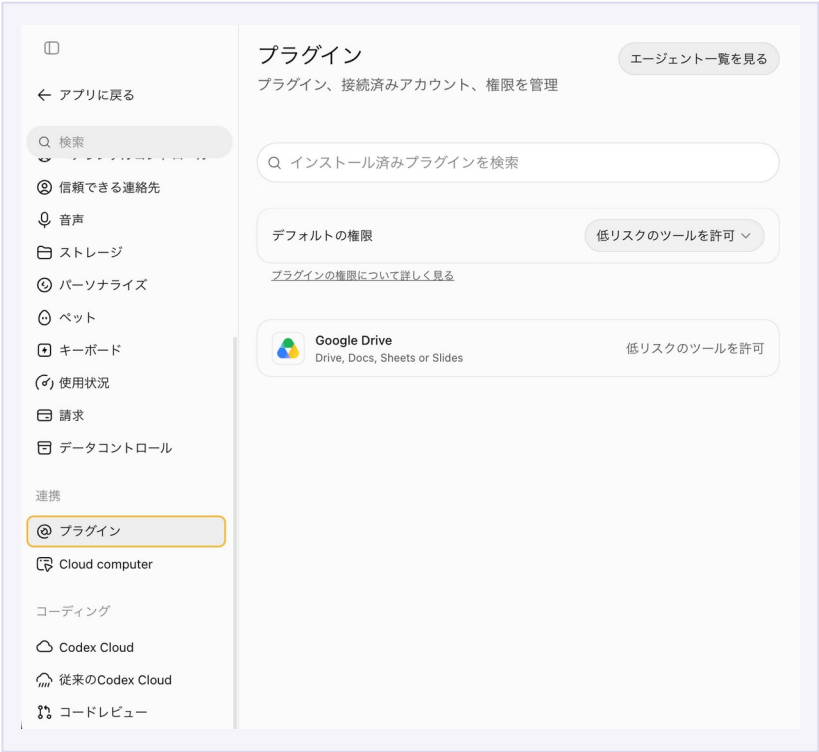
Claude setup is complete

Open a new chat and start talking. Chats that were already open before setup may not be able to use SOKI.

Example messages to check
e.g. 1) Please check the connection to SOKI.
e.g. 2) Please show my profile.

② ChatGPT setup

Go in this order: developer mode → create the plugin → permissions → memory and custom instructions



①

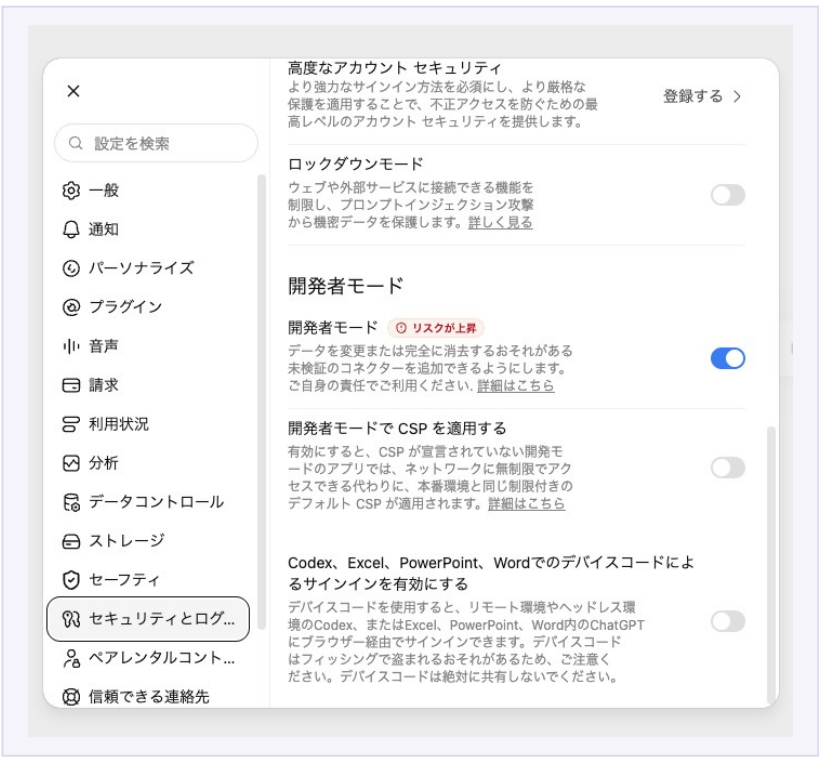
Settings → Plugins

In ChatGPT settings, open “Plugins”. This is where plugins and their permissions are managed.

Click “View agents” at the top right.

The screen in ③ then appears.

You can leave “Default permissions” as is (only SOKI-MCP is changed, in ⑨).



②

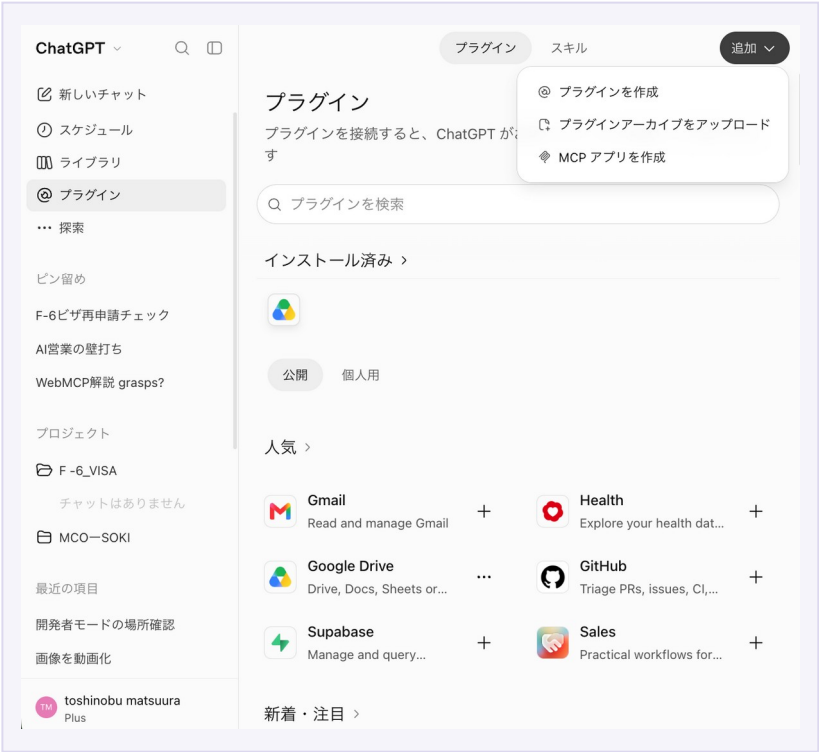
Turn on developer mode

Open Settings → “Security and login” and turn on “Developer mode”.

This is needed to add SOKI.

Note: this screen may appear on the free plan.

On Plus or higher, developer mode may not be needed.



③ Create the plugin

Open “Plugins” in the left menu, then choose “Add” (top right) → “Create MCP app”.

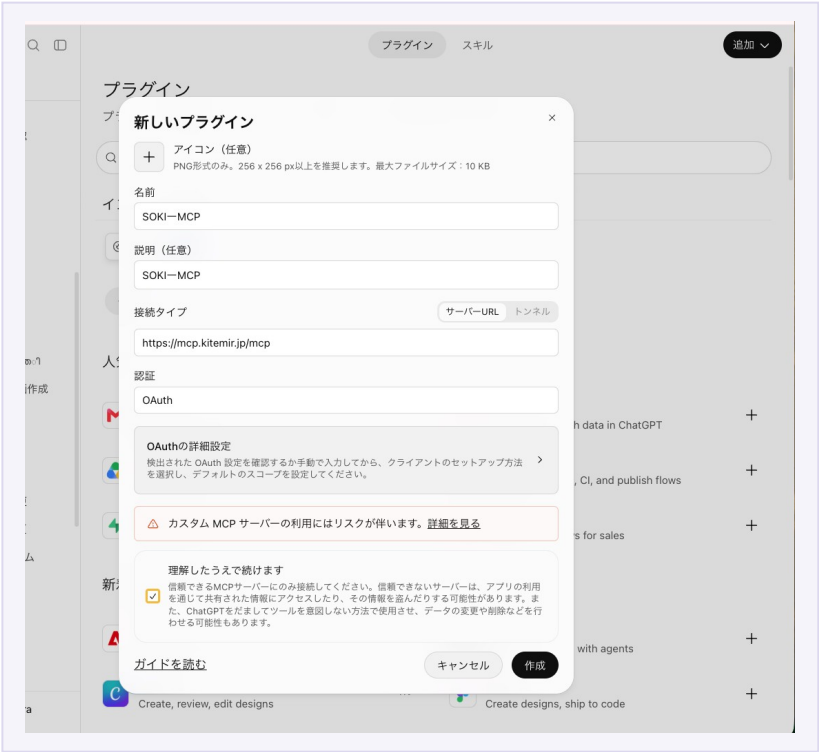
④ New plugin

Name: SOKI-MCP (description is optional)

Connection type: Server URL — the URL you copied in SOKI setup ⑩

Authentication: OAuth

Check “I understand and want to continue”.

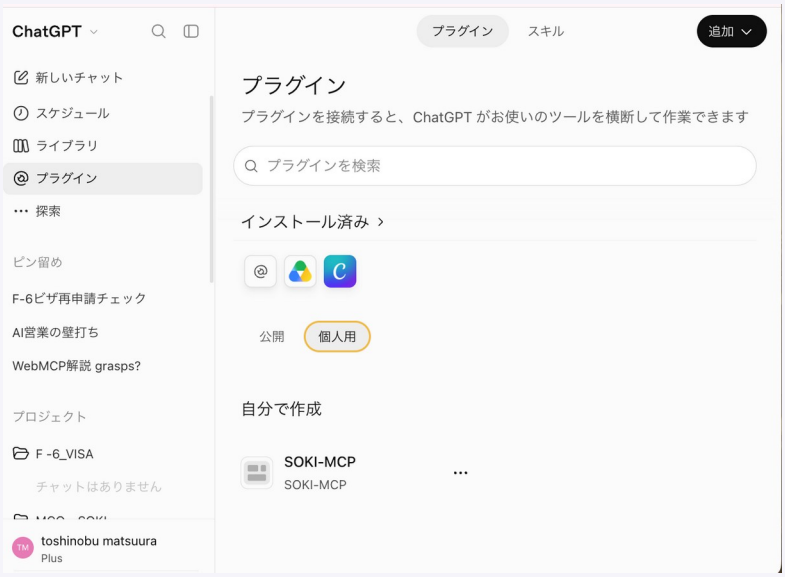


5

Create

Check the details and click “Create”.

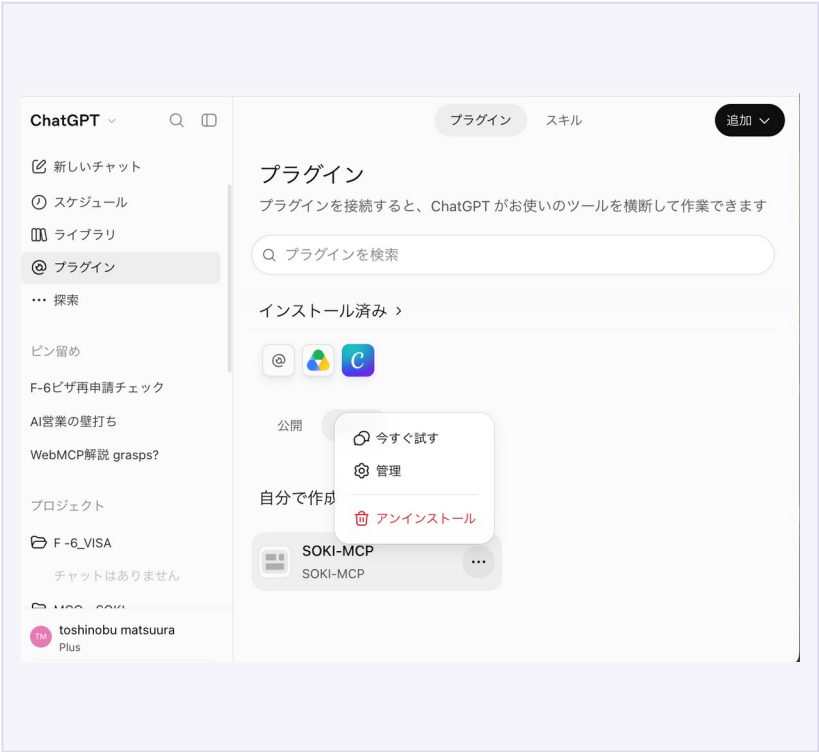
When the SOKI login screen appears, log in and allow access.



6

Check that it was added

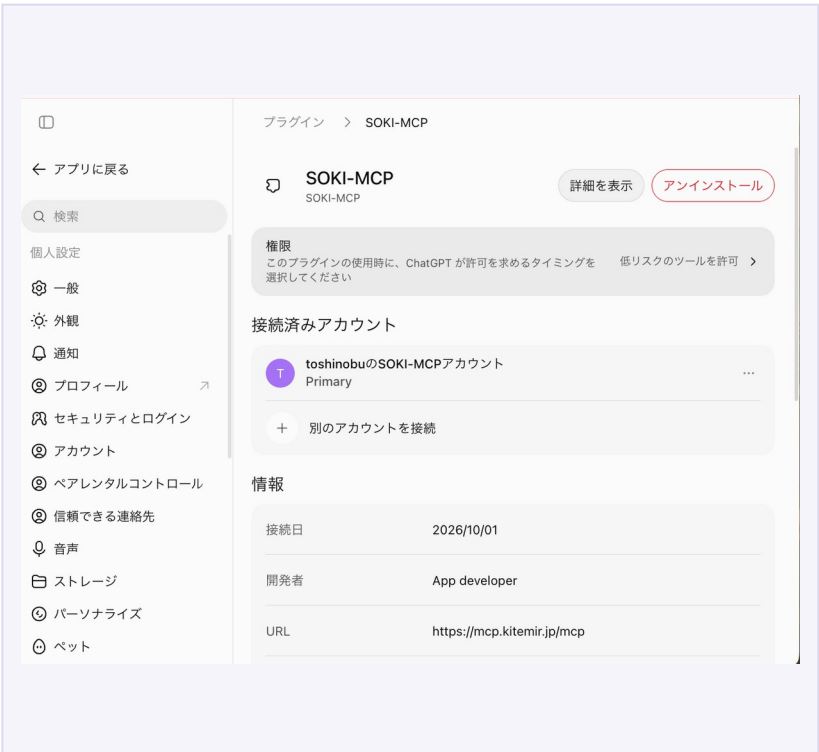
If SOKI-MCP appears under “Personal” → “Created by you”, it has been added.



7

Open Manage

Click “...” next to SOKI-MCP and choose “Manage”.



8

SOKI-MCP management screen

If your SOKI-MCP account is shown under “Connected accounts”, it is connected.

Next, click “Permissions”.

9

Allow all tools

Select “Allow all tools”.

⚠️ If you leave the default “Allow low-risk tools”, SOKI may not appear in your conversations.

10

Turn off memory

In Settings → “Personalization”, turn off “Enable memory”.

⚠️ If it stays on, what you say goes into ChatGPT’s own memory and does not reach SOKI.

⑪ Custom instructions

Paste the fixed line into Settings → “Personalization” → “Custom instructions”.

The line to paste is in the box on page 16.

Note: on the free plan, it may look like the screen on the left.

⑫ ChatGPT custom instructions

Depending on your screen, open “ChatGPT” under “Custom instructions” and enter the line here.

Save after entering it.

Note: on Plus or higher, there may be two places to enter it, as in ⑫ and ⑬.

⑬

Codex custom instructions

If you use Codex, also paste the same line into “Codex” under “Custom instructions” and click “Save”.

Not needed if you don’t use Codex.

The line to paste into your custom instructions (copy it)

At the start of every conversation, call SOKI's profile_get. Record facts about me with SOKI's memory_observe, not in your own memory.

ChatGPT setup is complete

Open a new chat and say something.
Then open “Connections” in SOKI (the screen in SOKI setup ⑩) to see whether things are being recorded.

Example messages to check
e.g. 1) Please check the connection to SOKI.
e.g. 2) Please show my profile.