

Install the four skills

A skill is a folder of instructions your assistant follows the same way every time. Each of these prepares a check for you: it lists what can be checked, where each claim came from and what you must open. It never checks anything itself, never sends anything, opens no links and searches nothing.

File	What it prepares
check-a-research-report.zip	A research report, deep research included: every claim with the source it cites, what to open and the words to look for, what has no source, and the hedges to keep.
check-the-numbers.zip	Numbers and spreadsheets: every figure with its unit, period and origin, sums re-done from the figures given, mismatches, and the two figures to trace by hand.
check-against-the-source.zip	Any work that leans on outside sources: a trace sheet for each claim, with what the source must say for it to stand, and, if you paste the source, the closest lines side by side.
review-an-agent-run.zip	An agent's run: what was asked against what it did, everything it touched, sent and changed, anything outside the brief, and where a person must look.

Written to the open Agent Skills format; not yet tested in each assistant. Each .zip holds one folder with SKILL.md and LICENSE.txt, and no scripts.

Claude

Pro, Max, Team and Enterprise, as of Oct 2026. Skills need "Code execution and file creation" switched on.

- 1 Turn on "Code execution and file creation" in Settings > Capabilities.
- 2 Go to Customize > Skills and upload the skill: its .zip, or the SKILL.md from inside it.
- 3 To use it, describe the task, or type / and pick it.

ChatGPT

Skills live inside plugins. As of Oct 2026 they are a beta on Free and Plus, and generally available for Enterprise and Edu since 9 Jul 2026.

- 1 Type @skill-creator and describe the task: paste the instructions from the skill's SKILL.md and ask it to make the skill.
- 2 Read what it made against the SKILL.md before you rely on it.
- 3 To use it, describe the task, or type @ and pick it. No skills on your plan? Use "Any other assistant" on page 2.

Gemini app

Personal Google accounts, 18 or over, as of Oct 2026; work and school accounts "soon".

- 1 Click Customize in the left sidebar, then Skills.
- 2 Upload the skill's SKILL.md. (Gemini also offers "Create with Gemini", a template, or writing one by hand.)
- 3 To use it, describe the task, or type / and pick it. These skills meet Google's rules: lowercase names with hyphens, under 100 MB, no internet scripts.

Skill or connector?

One shared format, and one difference worth knowing.

- 1 A skill is a saved how-to in one file, SKILL.md. The format began at Anthropic and is now an open standard that Claude, ChatGPT and Gemini all accept.
- 2 A connector (Claude), app (ChatGPT) or connected app (Gemini) gives your assistant access to another app, through MCP, a shared standard.
- 3 These four skills need no connector: give them the work and its sources in the chat.

Any other assistant

Open SKILL.md in a text editor. Copy everything below the second line of three hyphens, and paste it as the first message of a new chat. Then add the work to check. It lasts for that one chat.

How to ask

check-a-research-report	Upload or paste the report and say: "Prepare the check for this research report."
check-the-numbers	Upload the sheet or paste the table and say: "Prepare a numbers check for this."
check-against-the-source	Paste the work, and the source text if you have it, and say: "Make me a trace sheet for this."
review-an-agent-run	Paste the brief and the agent's record or summary and say: "Review this agent run with me."

What a person must check

- Open every source the skill lists and find the line yourself. The skill can't tell whether a page says what the work claims.
- Read the work once yourself, for any claim the skill missed.
- Re-do one sum by hand, even where the skill shows its working.
- Anything it marks "could not trace": find it somewhere reliable, or cut it.
- Before anything goes to a client, a boss or the public, a person signs it off.

What they do and don't do

They work only on what you give them inside your assistant, and send nothing anywhere. They don't open links, search the web or run code. They draft: you decide and you send. Your assistant's own data terms apply to whatever you paste in.

Licence

Free from Neosaipien under the free licence. Use the skills in any assistant and change them for your team; a changed version stays inside your own organisation. Share unchanged copies free, with the credit and the date. Please don't sell them. Each skill's LICENSE.txt holds the licence in full. No guarantee of any result. The person who sends the work is responsible for it.

Try one on the practice pack first

Run check-a-research-report on the practice pack's summary, with its four sources. Compare its list with your own and with the answer key. Then you know what it catches, and what it leaves to you.

Where the steps come from (read 16 Oct 2026)

Anthropic, Skills overview claude.com/docs/skills/overview.md

Anthropic, Connectors, skills, and plugins claude.com/docs/extend/overview

OpenAI, Skills and plugins learn.chatgpt.com/docs/skills-and-plugins.md

OpenAI, Build skills developers.openai.com/plugins/build/skills.md

Google, Create and manage skills for Gemini Apps support.google.com/gemini/answer/17094296

Agent Skills overview (the open standard) agentskills.io/