

Claude or ChatGPT? Choose the right AI for the job

A choice chart, 3 everyday prompts, sample briefs and a scorecard.

Know the names

Claude is the app; Fable 5.1 is one of its models. ChatGPT is the app; GPT-6 Astra is one of its models. Access varies by plan and rollout. The tool available in the app matters as much as the model name.

Start with the result you need

A photo edit, a better email and a working dashboard are three different jobs. This kit gives you a starting choice, an exact brief and a way to judge the finished result.

Use it in 10 minutes

1. Read the choice chart.
2. Pick one prompt and attach its sample brief.
3. Check the result against the checklist.
4. For writing or coding, try the same brief in both apps if you have access.

What this guide does not claim

The sample briefs are teaching examples. We have not run a measured head-to-head benchmark or declared an overall winner.

Which one should you open?

A direct starting point, not a universal ranking.

What you need	Start here	Why / what to check
Create or edit a photo	ChatGPT	Built-in image tool. Inspect identity, details and requested changes.
Write an email	Try Claude first	A starting recommendation. Both can draft; check facts and tone.
Build a task dashboard	Either with code/file tools	Both can build. Open it and test every control.
Research a decision	Either with current sources	Require dated official links, constraints and unknowns.
Work across your apps	The one with the right connections	Access and permissions determine what can be completed.

Claude can still make visuals

Claude can make diagrams, charts and interactive HTML/SVG. Native photo editing is a different capability. A third-party tool may extend an app; check what is actually connected.

Turn a messy week into a task dashboard

Copy this prompt

Use the attached sample-week.txt, or my own notes. Build a simple weekly task dashboard with Today, Waiting and Done. Give each task a next action and deadline. Keep missing deadlines as unknown. Use the notes to set status; never mark unfinished work as done. Add checkboxes that move completed tasks to Done and a download-backup button. Return one HTML file I can open. Use no account connections. Label sample data. Check that every commitment appears once and test the controls.

How to check it

Attach sample-week.txt. Check: all four commitments appear once; no invented deadlines; unfinished tasks stay out of Done; checkboxes and backup export work.

Write the client email I have been putting off

Copy this prompt

Use the attached client-email-brief.txt. Write a warm client email under 100 words. Explain that I cannot deliver this Friday and offer Tuesday instead. Keep it direct, helpful and confident. Use only the facts in the brief. Do not invent an excuse, discount or other promise. Include a subject line and one clear question. Leave it as a draft.

How to check it

Attach client-email-brief.txt. Check: requested Friday September 18 deadline is declined; Tuesday September 22 is offered; no invented excuse, discount or scope change; one decision question; under 100 words.

Make a usable image from my photo

Copy this prompt

Use the photo I attach. Soften the background while keeping my face, expression, pose, clothing and natural skin texture unchanged. Keep the original lighting and colors. Crop it to portrait 4:5 with room above my head for a headline. Do not add text or change my identity. Generate the edited image, then inspect it against my reference. If your app has no image-editing tool, tell me rather than substitute a text description.

How to check it

Use a photo you own or may edit. Check: same face and expression, natural skin texture, softer background, correct crop and no added text. The kit contains a brief, not a fake before/after result.

Bonus: create a new image

Make a 4:5 swim-bag flatlay: swimsuit, towel, goggles. Neutral background. Soft daylight. No text.

Try it in ChatGPT

This image-creation prompt starts from words. To edit an existing photo, attach your image and use the core prompt above.

Files, sources and next step

Inside your kit

START HERE.md

ai-choice-chart.csv

client-email-brief.txt

output-scorecard.csv

photo-edit-brief.txt

prompts.txt

sample-week.txt

Official sources

Claude Fable 5.1: capabilities and release

<https://www.anthropic.com/claude/fable>

GPT-6 Astra: model access and uses

<https://learn.chatgpt.com/docs/models>

ChatGPT image creation and editing

<https://learn.chatgpt.com/docs/image-generation>

Claude diagrams versus photo generation

<https://support.claude.com/en/articles/9002504-can-claude-produce-images>

Make it yours

Replace teaching samples with your own relevant inputs. Connect only the tools needed for the task. Check the result before using or sharing it.