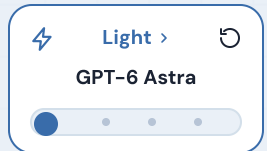


GPT-6 Astra: 10 Tips for Week 1

Everything you need to configure it right, before you touch it.



PART 1: GET SET UP

Confirm your access

- ☐ Pro \$100+, Business, or Enterprise for Chat. Plus only gets it in Work/Codex. Enterprise needs admin activation.



Update your tools twice

- ☐ Codex CLI needs 0.153+. On desktop, quit fully after the first update check, reopen, check again.



Set effort to low or medium

- ☐ Astra on low outperforms the prior model on high. Save higher effort for genuinely hard tasks.



Check both usage windows

- ☐ Both a 5-hour limit and a weekly limit apply. You need headroom in both.



Know the token pricing cliff

- ☐ 1.05M token window (922K input). Past 272K input, the request jumps to 2x input / 1.5x output pricing.



USAGE LIMITS

Plus	5–45 msgs / 5 hrs
Pro	100–900 msgs / 5 hrs
Context	1.05M tok (922K in)

PART 2: WORK SMARTER

Paste the anti-slop list

- ☐ Five minutes, highest-impact fix on this page.



Avoid slop words like "Bottom Line," "delve," "foster," "leverage," "it's worth noting," "importantly," "genuinely," hyphenated compounds, and "In short." State the intended action directly.

Stop over-clarifying

- ☐ Complete authorized work before asking clarifying questions.



Use the four-part framework

- ☐ Structure prompts so nothing is left implicit.



Goal: [outcome] • **Context:** [sources]
Output: [format/length] • **Boundaries:** [restrictions]

Learn the multi-step flow

- ☐ `/plan` → `/goal` → `steer` → `queue`

Turn on Computer Use if you need it

- ☐ Invoke with @Computer or an app name. Needs Screen Recording + Accessibility on Mac; takes over the screen on Windows.

