

Out of messages by 10 a.m.?

These 9 habits are why.

Every message in a chat makes Claude re-read the whole chat. Long chats, repeated files and big models for tiny jobs burn your limit fast. Fix these 9 and the same plan lasts much longer.

1 One chat for everything

A 400-message chat is re-read on every reply. **Fix:** new job, new chat.

2 Uploading the same file again

Every re-upload adds the whole file again. **Fix:** put files you reuse in a Project, once.

3 Big model for small jobs

Typos, rewording, quick facts don't need the biggest model. **Fix:** switch to the smaller, faster model for small stuff.

4 "Thank you!" as its own message

It's polite. It's also a full message. **Fix:** say thanks inside your next real request.

5 Vague asks that need 5 rounds

"Make it better" x5 costs 5 messages. **Fix:** say exactly what to change the first time.

6 Pasting whole documents for one question

Fix: paste only the part you're asking about.

7 Re-explaining yourself every chat

Fix: put your context in Project instructions or your profile preferences, once.

8 Long outputs you don't read

Fix: ask for the short version first: "5 bullets max".

9 Starting over when a chat gets long

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Summarize this chat in 10 bullets: the goal, what we decided, what's left.
I'll paste it into a new chat.

Limits depend on your plan and the model. These habits help on every plan.

Your limit, lasting till dinner.

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