

YOUR ACTION PLAN

Make Image Codes Work for You

Create a LinkedIn headshot draft that still looks like you, and save the request that worked.

Image codes look like buttons, but they're shorthand, not official commands with fixed results. We'll use /proshot to request one useful headshot, then judge likeness, fit, and finish—in that order. Better lighting doesn't make up for a different face.

WHAT YOU'LL NEED

- ☐ ChatGPT with image uploads and generation available; access and limits can vary by plan or interface. See the official image guide below
- ☐ A clear photo of yourself that you have permission to upload and edit, with private background details removed
- ☐ A photo viewer or ordinary editor, a notes document, and access to your LinkedIn profile-photo preview

STEP 1

1 Choose the original and set limits

Decide what counts as a failure before flattering lighting gets a vote.

1. Open your source photo and zoom in on the eyes, hairline, and teeth if visible. Choose another original if important facial details are blurry or hidden; generated sharpness isn't proof that missing detail was recovered.
2. If you only need a tighter crop or less yellow color, use an ordinary photo editor instead. You may already have a usable headshot without generating anything.
3. In your notes, record the original filename and destination: LinkedIn profile headshot, square crop. Add your rejection rule: changed face, apparent age, teeth, or hairstyle.
4. Record the allowed changes: neutral daylight and a simple studio background. You now have a clear boundary between improving the photo and redesigning the person.

STEP 2

2 Generate one bounded draft

The code names the look; the plain-English instructions define the job.

1. Before uploading, review ChatGPT's Data Controls using the official link below and choose settings you're comfortable with. Don't upload a confidential workplace photo or someone else's image without appropriate permission.
2. Start a chat, attach the chosen original, and send the prompt below. If ChatGPT asks about an unclear detail, answer before proceeding.
3. Wait for an actual image result. If generation isn't available, consult the official image guide rather than assuming a slash code unlocks it.

COPY THIS PROMPT

Use /proshot only as shorthand for a professional-looking photograph. Create a realistic LinkedIn headshot from the uploaded photo. Keep my facial features, apparent age, build, hairstyle, expression, and clothing unchanged. Preserve natural skin texture. Improve the lighting toward neutral daylight and use a simple studio background. Frame me from the chest up with room for a square crop that doesn't cut off my head. If an important detail is unclear, ask one question at a time rather than inventing it.

Heads up: These instructions are requests, not locks. The model can change details you asked it to preserve.

STEP 3

3 Check three gates in order

Use the original beside the draft, not your memory of your face.

1. Check likeness first: compare face shape, apparent age, eyes, visible teeth, and hairline. If any important feature changed, record the mismatch and stop judging this draft.
2. If likeness passes, check fit by viewing a square crop at a small profile-picture size. Your whole head should fit comfortably, and you should remain recognizable.
3. Only then check finish: look for unnatural skin, distorted edges, odd lighting, or background artifacts. Record the first failed gate and its visible problem, or write "Pass."

Heads up: You make the likeness decision. An AI's favorable review of its own image isn't independent confirmation.

STEP 4

4 Fix one problem—or restart

1. If likeness failed, reattach the original and reuse the generation request with the specific mismatch added, such as a changed jawline. Don't build the next attempt on the altered face.

2. For one small fit or finish problem, use the repair prompt below after replacing the bracketed text. If the draft passed, skip the repair.
3. Run every new result through the same three gates. Even a background-only request can introduce a new facial change.

COPY THIS PROMPT

Change only this issue in the latest image: [one visible problem and the replacement wanted]. Keep my face, apparent age, hairstyle, expression, clothing, and everything outside that correction unchanged.

STEP 5

5 Test the file and save the recipe

1. Download the passing image and open the actual file in your viewer. Check that it opens cleanly and still shows the facial detail you approved.
2. Preview the file in LinkedIn's profile-photo crop before committing the change. If the crop clips your head or looks soft, adjust it or return to the original.
3. Save the original filename, final filename, successful request, and any correction together in your notes. Treat the saved request as a reusable starting point, not a guarantee of identical results.

Heads up: Use this as a profile-photo draft, not an identity document, evidence, or faithful historical record.

YOU'RE DONE WHEN...

You're done when the downloaded image passes likeness, fit, and finish in the actual profile preview, and its request is saved. Publish only if you're comfortable with the result; otherwise, use a straightforward crop of the original.

OFFICIAL SETUP & HELP

[OpenAI Help: Creating images in ChatGPT](#)

[OpenAI Help: Data Controls FAQ](#)