

# THE REVEAL ACTION GUIDE

Turn what ChatGPT notices into one honest insight and one useful next move.

## THIS GUIDE STARTS WHERE THE WEBPAGE STOPS

The four prompts help ChatGPT surface what it knows, the patterns it sees, a possible blind spot, and overlooked opportunities. This guide helps you test the answer, decide what matters, and do something with it. The goal is not to let AI define you. The goal is to notice something useful before your habits make the decision for you.

Use it in this order: run all four prompts, save the answers, then work through one section a day. You will finish with a tested insight and a seven-day experiment—not a flattering personality report.

No incense. No crystal ball. Just a better question and a yellow highlighter.

# 1. Run the four REVEAL prompts

Use a ChatGPT conversation that has enough history to be interesting. If Memory or chat-history reference is unavailable or turned off, expect a more limited answer. Paste each prompt separately and keep all four answers in the same conversation.

## PROMPT 1: WHAT DO YOU KNOW?

"Based on everything you genuinely know about me from our conversations and any memory or context available to you, tell me what you know about me. Separate things you actually know from things you are inferring."

## PROMPT 2: WHAT PATTERNS DO YOU SEE?

"What recurring patterns do you notice in how I think, make decisions, work, communicate, or approach problems? Be specific about what led you to each observation."

## PROMPT 3: WHAT AM I NOT SEEING?

"Based on those patterns, what blind spots, contradictions, or habits might I not recognize in myself? Don't flatter me and don't invent evidence. Give me the most useful observations, even if they're uncomfortable."

## PROMPT 4: WHAT AM I OVERLOOKING?

"Based on what you know about my goals, strengths, interests, and recurring problems, what opportunities might I be overlooking right now? Give me the five most interesting and explain why each seems particularly relevant to me."

## PAUSE BEFORE YOU GRADE IT

Read all four answers once. Circle anything that creates an immediate "Wait... that might be true" reaction. Do not circle compliments just because they are pleasant. We are looking for useful friction.

## 2. Separate knowledge from inference

ChatGPT can sound equally certain when it is recalling a detail and when it is connecting dots. Those are not the same thing. Pick the five statements that matter most and sort them below.

| Statement from ChatGPT | Known, observed, or inferred? | What supports it? |
|------------------------|-------------------------------|-------------------|
|                        |                               |                   |
|                        |                               |                   |
|                        |                               |                   |
|                        |                               |                   |
|                        |                               |                   |

### THE BETTER FOLLOW-UP

For each inferred statement, ask: “What else could explain the same evidence?” A useful interpretation survives alternatives. A flimsy one usually collapses after the first decent question.

**Which statement feels accurate but has the weakest evidence?**

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### 3. Choose one blind spot worth testing

A blind spot is useful only if recognizing it changes a decision, a conversation, or a behavior. “You care deeply” may be lovely. It is not much of an operating plan.

**The observation I keep thinking about:**

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**The evidence that supports it:**

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**The strongest alternative explanation:**

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**If this is true, where is it costing me time, money, trust, or momentum?**

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#### THE AH-HA TEST

Finish this sentence: “I thought my problem was \_\_\_\_\_, but the pattern suggests the real issue may be \_\_\_\_\_.” If you cannot finish it honestly, keep looking. The first answer may simply be wearing a clever hat.

# 4. Score the opportunities

The fourth prompt may hand you five interesting ideas. Interesting is cheap. Relevance, timing, and a believable next step are what make one worth pursuing.

| Opportunity | Fits my strengths (1-5) | Useful now (1-5) | Easy to test (1-5) | Total |
|-------------|-------------------------|------------------|--------------------|-------|
|             |                         |                  |                    |       |
|             |                         |                  |                    |       |
|             |                         |                  |                    |       |
|             |                         |                  |                    |       |
|             |                         |                  |                    |       |

**The one opportunity I will test:**

**The smallest real-world test I can run without rearranging my life:**

**What result would make me continue?**

## 5. Make it real in seven days

Do not turn a useful observation into a new identity. Turn it into an experiment. The experiment should be small enough to finish and real enough to teach you something.

|       |                                                                                 |   |
|-------|---------------------------------------------------------------------------------|---|
| DAY 1 | Choose one blind spot or opportunity. Write what you believe now.               | ■ |
| DAY 2 | Ask one person who knows your work well what they see. Do not lead the witness. | ■ |
| DAY 3 | Find one recent example that supports the pattern and one that challenges it.   | ■ |
| DAY 4 | Design the smallest behavior change or opportunity test.                        | ■ |
| DAY 5 | Run it in a real situation.                                                     | ■ |
| DAY 6 | Record what happened—not what you hoped happened.                               | ■ |
| DAY 7 | Decide: keep, adjust, or discard the idea.                                      | ■ |

**At the end of seven days, what changed?**

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### ONE RULE WORTH KEEPING

ChatGPT can notice patterns you have stopped noticing. It can also build a tidy story from incomplete evidence. Use the answer as a hypothesis, not a diagnosis. Curiosity opens the door. Verification keeps you from walking into the coat closet.

## 6. Decide what AI should remember

After the useful part, do the housekeeping. Review what is saved, what may be referenced from past chats, and what standing instructions or connected services could be shaping future answers.

**A detail I want ChatGPT to keep because it improves future help:**

**A detail that is stale, too personal, or likely to mislead future advice:**

**A standing instruction I should update:**

**A connected service or permission I should review:**

### BEFORE YOU CLOSE THE TAB

Confirm important memory changes in your account settings. Memory, chat history, training, custom instructions, and connected services can be separate controls. One switch rarely runs the whole neighborhood.

## YOUR FINAL DECISION

**The insight I am keeping:**

**The action I will take this week:**

**The result I will look for:**

The point was never to ask AI who you are. The point was to use a surprisingly good mirror, wipe off the fingerprints, and notice what you can do next.