



THE "HUMAN" PROMPT KIT

Make ChatGPT write like a real human.

Two prompts and one setting. Set it up once, and every new chat writes in a clear, natural voice.

ChatGPT

BEFORE

In today's fast-paced world, it's important to note that productivity is key — let's delve into a few habits. In conclusion, consistency wins.

AFTER

Want to get more done? Pick one habit, do it daily for two weeks, then add the next. Small and boring beats big and abandoned.



Step 1
Find the AI
patterns



Step 2
Turn them into
rules

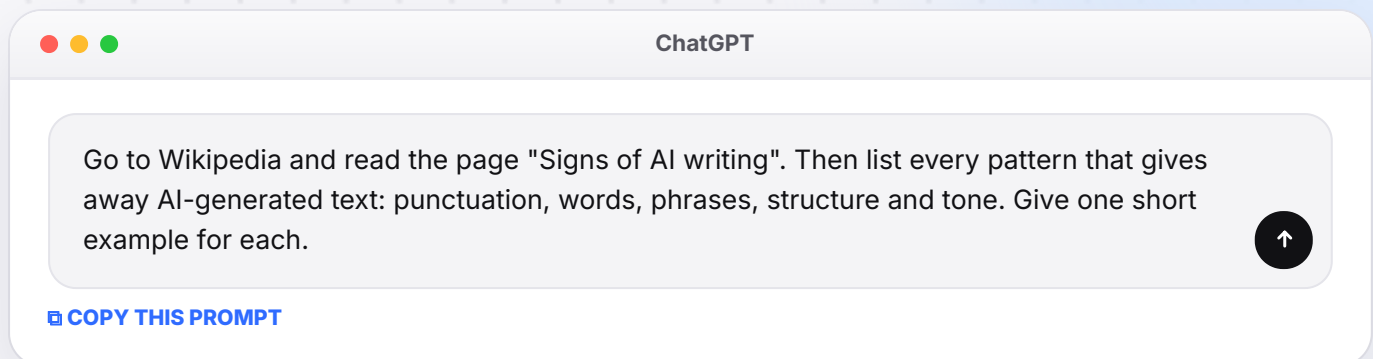


Step 3
Save as a setting

1 STEP 1

Ask ChatGPT to find the AI patterns

Open a new chat (with web search on) and paste this:



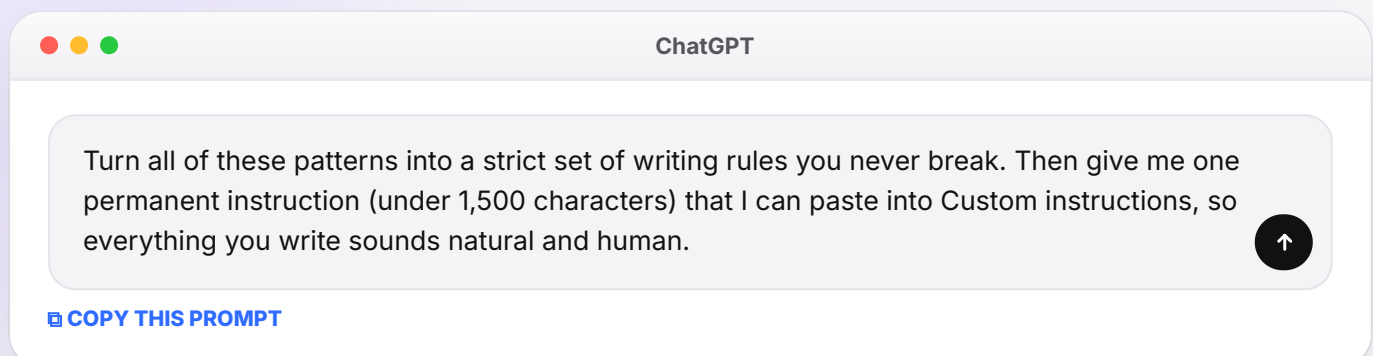
WHAT IT USUALLY FINDS

- 1 Em dashes in almost every sentence —
- 2 Empty filler lines "It's important to note..."
- 3 Stock openers and closers "In today's world" · "In conclusion"
- 4 Over-used, fancy words delve · tapestry · landscape
- 5 Everything grouped in threes fast, simple, and powerful
- 6 Same sentence length and rhythm flat, even, robotic

2 STEP 2

Turn those patterns into rules

Stay in the same chat and send:



Ready-made instruction (just paste)

Skip steps 1 and 2 if you want. This is the version I use.

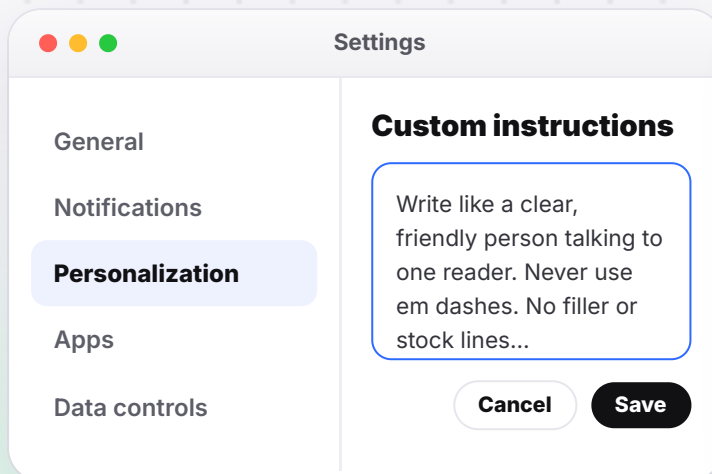
PERMANENT INSTRUCTION

- ✓ Write like a clear, friendly person talking to one reader. Use plain, specific words.
- ✓ Never use em dashes. Use commas, full stops or brackets instead.
- ✓ No filler or stock lines: no "It's important to note", "In today's world", "In conclusion", "Overall".
- ✓ Avoid hype and buzzwords: delve, tapestry, landscape, unlock, elevate, game-changer, seamless.
- ✓ Don't group things in threes by habit. Use as many items as the point needs.
- ✓ Mix short and long sentences. Start with the answer, then add detail only if it helps.
- ✓ Use real examples and numbers instead of vague claims. No emojis unless I ask.
- ✓ Before replying, reread and cut any line that sounds generic or robotic.

[COPY ALL 8 LINES](#)

3 STEP 3

Save it as a permanent setting



1. Click your **profile** (bottom-left) and open **Settings**.
2. Go to **Personalization**.
3. Open **Custom instructions** and paste the instruction.
4. Hit **Save**.
5. Start a **new chat**. The rules apply from now on.

Menu names can change a little between app updates. If you can't find it, search "custom instructions" in Settings.

5 prompts that use your new voice



Rewrite anything

Rewrite this so it sounds like a real person wrote it. Keep my meaning, cut the filler, and don't make it longer: [paste text]



Email

Write a short email to [person] about [topic]. Friendly, direct, under 90 words, with one clear ask at the end.



Instagram caption

Write 3 caption options for a reel about [topic]. First line must hook in under 10 words. Casual, no hashtag spam, end with a question.



LinkedIn post

Turn this experience into a LinkedIn post: [what happened]. Start with the result, share one lesson, keep lines short. No motivational clichés.



Self-check

Review your last answer against my writing rules. List any line that breaks a rule, then give me the fixed version.

PRO TIPS

- Give it a sample of your own writing and say "match this voice".
- Tell it who the reader is. Tone gets better instantly.
- Always add one personal detail it couldn't know.

Honest note: this makes writing sound more natural, but no prompt can guarantee a score on any "AI detector". Read everything before you send it, and keep your own voice in it.



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