

M A V E R I C K A I

What ChatGPT Secretly Knows About You

FOUR PROMPTS THAT TURN YOUR CHAT HISTORY INTO A MIRROR

You've told ChatGPT more than you realize, in every question, vent, and half-finished idea. These four prompts have it read between the lines and reflect you back to yourself: your patterns, your blind spot, and two versions of where you're headed. Some of it lands hard.

The 5 things it's figured out that you never said
The patterns in how you think, and your one blind spot
Two versions of your next five years, side by side
The paragraph to read every single morning
How to switch on the memory that makes it work
How to use it to actually grow, not just get spooked

2026 Edition

First, Turn On Its Memory

Here's the one thing that makes or breaks this. For ChatGPT to reflect on "every conversation you've ever had," it needs its memory switched on. Otherwise it can only see the chat that's open right now, and the answers will be thin.

STEP 1: Switch on memory and chat history

In ChatGPT, go to **Settings**, then **Personalization**, and make sure **Memory** (and "reference chat history," if you see it) is turned on. That lets it draw on everything you've talked about, not just today.

THE MORE YOU'VE USED IT, THE BETTER THIS GETS

This works best if you've had real conversations with ChatGPT over time, asked it for advice, thought out loud, worked through things. If your account is brand new, it simply won't have much to go on yet. That's normal. Come back to this after you've used it for a while.

HONEST TRANSLATION OF "SECRETLY KNOWS"

It's not reading your mind. It's spotting patterns in what you've actually typed, the way a sharp friend who's been listening for a year might. That's exactly why it can feel so accurate, and also why it can be confidently wrong. Take it as a mirror to think about, not a verdict.

Prompt 1: What It's Figured Out

Start here. This is the one that gets people. Paste it in and brace yourself a little.

PROMPT 1

Based on every conversation we've ever had, tell me
the five things you've figured out about me that
I've never directly told you. Don't hold back to
make me feel good, be honest.

What happens next: ChatGPT reads between the lines of everything you've typed and names things you never said out loud. The first one alone tends to stop people in their tracks.

TIP

If the answers feel generic, push it: "go deeper, be more specific, use actual examples from our conversations." The honesty and the detail both go up when you ask for them.

Prompt 2: Your Patterns And Your Blind Spot

Now go one level down, into how you actually operate. Stay in the same chat.

PROMPT 2

Tell me the patterns you see in how I think and make decisions, and the one thing I'm most in denial about.

What happens next: it maps how you tend to think, decide, and get stuck, and then names the blind spot you've been working hard not to look at. This is the one people screenshot and sit with for a while.

THIS IS WHERE IT GETS USEFUL

A pattern you can see is a pattern you can change. The point of naming your blind spot isn't to feel bad, it's that you can't fix what you won't look at. Read it as information, not a judgment.

Prompt 3: Two Versions Of Your Future

This is the part that gets most people. You're going to see two futures side by side, and the gap between them is the whole point.

PROMPT 3

```
Predict my next five years if nothing changes. Then  
predict them again if I fix the one pattern that's  
holding me back the most. Show me both side by side.
```

What happens next: two versions of your future self, laid out next to each other. One if you keep drifting, one if you fix the thing. Seeing the difference in black and white is what makes it stick, because it turns a vague "I should change" into a real fork in the road.

TIP

Don't just read it and close the app. Ask the follow-up: "What are the first three things I'd do in the next 30 days to head toward the better version?" That's how a spooky prediction becomes an actual plan.

Prompt 4: Your Morning Paragraph

End on this one. It takes everything ChatGPT has learned about you and turns it into something you'll actually want to keep.

PROMPT 4

```
Now write the one paragraph I should read every  
single morning, based on everything you know about  
me.
```

What happens next: a short, personal paragraph, part reminder, part push, written for the exact person you are. Save it somewhere you'll see it. A lot of people set it as their phone wallpaper or a note that opens each morning.

A few more worth running

BONUS PROMPTS

Your undervalued strengths

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What are the strengths I clearly have but  
consistently underestimate about myself?
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The honest friend

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If a friend who loved me but refused to lie sat me  
down, what would they tell me I need to hear?
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The 30-day shift

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Give me a simple 30-day plan to start changing the  
one pattern that's holding me back the most.
```

Use It To Grow, Not To Spiral

This is a genuinely powerful little exercise, so a couple of honest words on getting the good out of it.

IT'S A MIRROR, NOT A VERDICT

ChatGPT is pattern-matching on what you've typed, and it can absolutely be wrong or overconfident. When something lands as true, use it, that's the gift. When something feels off, it probably is, let it go. You're the authority on you, not the AI.

Take what's useful and leave the rest. The whole point of the two-futures and the morning paragraph is forward motion: you look honestly at a pattern so you can change it, then you get a daily nudge toward the better version. That's a healthy, motivating loop.

IF IT HITS A NERVE

Sometimes a line lands harder than expected, especially if you're going through a rough patch. If that happens, take it lightly, this is a chatbot reflecting your own words back, not a diagnosis, and talk it through with someone you trust. Be as kind to yourself as you'd be to a friend reading the same thing.

The One-Page Cheat Sheet

All four prompts, in order. Screenshot this. (Turn on Memory first.)

1. WHAT IT'S FIGURED OUT

Based on every conversation we've had, tell me the 5 things you've figured out about me that I never directly told you. Be honest, don't soften it.

2. PATTERNS + BLIND SPOT

Tell me the patterns in how I think and make decisions, and the one thing I'm most in denial about.

3. TWO FUTURES

Predict my next 5 years if nothing changes, then again if I fix my biggest pattern. Show both side by side.

4. MORNING PARAGRAPH

Write the one paragraph I should read every morning, based on everything you know about me.

YOUR ACTION PLAN

1. Turn on Memory in ChatGPT settings. 2. Run the four prompts in order, in one chat. 3. Ask the follow-up: 'first 3 steps in the next 30 days.' 4. Save your morning paragraph where you'll see it daily. 5. Keep what's true, drop what isn't, and go change the one pattern.

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The AI just holds up the mirror. What you do next is the whole point.