BEEPWISE

Your free sheet

Every prompt and checklist from our videos, in one place. Free. No sign-up needed.

Cheat sheet

Small AI tricks you can try today. Newest first.

▶ From our upcoming video

Before You Paste That Into ChatGPT, Flip This Switch

On a personal ChatGPT account (Free, Plus or Pro), your chats can be used to train the AI. That's on by default. Here's how to turn it off.

On a computer

Settings › **Data controls** › **Improve the model for everyone: Off**

In the phone app

Sidebar › **Your profile icon** › **Data controls** › **Improve the model for everyone: Off**

- Your chat history stays. Your new chats stop being used for training.
- **One catch:** if you tap thumbs up or thumbs down, that whole chat can still be used.
- On a work account (Business, Enterprise or Edu) the switch may be missing. Those chats aren't used for training by default.

Source: OpenAI Help Center, Data controls in ChatGPT

▶ From the video

Take a photo of your fridge. Dinner’s solved.

1. Take a photo of your open fridge.
2. Send it to ChatGPT, or any AI app that takes photos.
3. First ask:

   What do you see?

   Fix anything it got wrong.
4. Then type:

   Dinner in 20 minutes. Only what you see.

Watch out: AI can misread a photo. Yogurt can look like sour cream.

Scam checklist

Print it and put it by the phone, or send it to your parents.

▶ From our upcoming video

It sounds exactly like your grandson. It isn't.

A panicked call in a loved one's voice, asking for money, can be an AI copy. Scammers can clone a voice from a short clip posted online.

If you get that call

1. **Don't trust the voice.**
2. **Hang up.**
3. **Call them back on a number you know is theirs.**
4. **Can't reach them? Call another family member or their friends.**

Red flags: being told to wire money, send crypto or buy gift cards.

Report a scam to the FTC at reportfraud.ftc.gov

Source: FTC consumer alert, Scammers use AI to enhance their family emergency schemes (March 20, 2023)

Prompt sheet

When AI went wrong, and what to type so it doesn't happen to you.

▶ From our upcoming video

He Asked ChatGPT If the Case Was Real. It Said Yes.

A lawyer filed six court cases that ChatGPT had made up. When he asked the chatbot if one was real, it said yes. The court fined the lawyers and their firm $5,000.

The rule: a chatbot writes what sounds right. It doesn't check.

Ask it:

> **Where does this fact come from?**

Then open that source yourself and read it. Don't ask the chatbot whether the source is real.

Source: Mata v. Avianca, Inc., Opinion and Order on Sanctions (S.D.N.Y., June 22, 2023). This explains what happened. It is not legal advice.

▶ From the video

"Is my plan good?" Never ask a chatbot that.

In April 2025 a ChatGPT update made it too flattering and too agreeable, and OpenAI rolled it back. Chatbots tend to agree with you, so ask for the problems instead.

Instead of ~~"Is my plan good?"~~ describe your plan, then ask:

> **What are three things wrong with it?**

Read the answers. Then you decide.

Source: OpenAI, Sycophancy in GPT-4o (April 29, 2025)

▶ From the video

A Customer Ordered 18,000 Cups of Water From an AI

A customer asked a fast-food drive-thru AI for 18,000 cups of water. The chain said it was rethinking the AI and leaning more on people at peak hours.

The rule: AI does what it's told, even when it makes no sense. If you set up AI at work, give it limits, like a maximum per order, and a person to call when something looks wrong.

Source: Jalopnik (September 2, 2025)

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