Voice Print Workbook

Capture your voice so AI writes like you — not like everyone else.



> *Your voice is the one thing AI cannot replicate. This workbook helps you capture it so you can teach any AI tool to write like you — not like a large language model.*

PART 1 Your Voice in Three Words

Before you write a single prompt, you need to know what you are trying to preserve. Write three words that describe how you want to sound when you communicate. Not how you think you should sound — how you actually sound when you are at your best.

My three voice words	Write here
1.	
2.	
3.	

PART 2 Your Writing Style Inventory

Sentence length — do you write in short, punchy sentences or longer flowing ones?

Your answer:

Formality — where do you sit between "boardroom memo" and "voice note to a friend"?

Your answer:

Humour — do you use it? If so, what kind?

Your answer:

Words you use constantly

1.
2.
3.
4.
5.

Words you never use

Jargon, buzzwords, anything that makes you cringe:

Your go-to structure — story, question, bold statement, or framework?

Your answer:

Voice Print Workbook

Part 3 — The Voice Calibration Prompt



PART 3 The Voice Calibration Prompt

Fill in the blanks using your answers from Part 2. Save this somewhere you can paste it at the start of any new session.

YOUR MASTER VOICE PROMPT — FILL IN AND SAVE

```
You are writing in the voice of [YOUR NAME].

My communication style is [WORD 1], [WORD 2], and [WORD 3].

I write in [SHORT / LONG / MIXED] sentences. My tone sits at
[FORMAL / CONVERSATIONAL / SOMEWHERE IN BETWEEN].

I [DO / DO NOT] use humour. When I do, it tends to be [TYPE].

Words and phrases I use often: [LIST YOUR PHRASES].

Words and phrases I never use: [LIST YOUR NO-GO WORDS].

When I explain something, I usually start with [STORY / QUESTION /
BOLD STATEMENT / FRAMEWORK].

Before you write anything for me, read this back and confirm you
understand my voice. Then ask me what I need today.
```

PART 4 The Roast Test

Once you have pasted your voice prompt, run this test before using it for real work.

- [ ] **Step 1.** Paste a piece of writing you are proud of — something that sounds unmistakably like you.
- [ ] **Step 2.** Ask the AI: *"Roast this. Be genuinely critical. Tell me where the voice feels off, where the logic is weak, and where I am being vague. Do not be kind."*
- [ ] **Step 3.** If it sounds like flattery with thin criticism, add this line to your prompt:

ANTI-SYCOPHANT ADD-ON

```
I need you to act as a co-founder, not a cheerleader.
When I share work, find the holes first. Praise is secondary.
```

PART 5 Multi-Brand Voice Map *(optional)*

If you work across more than one brand, use this table. Each brand should have its own saved voice prompt and its own project or folder.

Brand	Audience	Tone	Three voice words	A phrase it would never say



Pip says: *Save your completed voice prompt somewhere with zero friction — a pinned note, a Claude Project, a Notion page titled "My Voice". You should be able to paste it in under ten seconds.*