

AI Report

We predict this text is

Human Generated

AI Probability

7%

This number is the probability that the document is AI generated, not a percentage of AI text in the document.

Plagiarism

0%

Percentage of this document that matches internet sources, including websites, documents, books, etc.

I Built an AI Workflow System That Worked. Then Spent Weeks Unlearning What "Professional" Sounds Like. - 7/15/2025

Chudi Nnorukam

TITLE:

I Built an AI Workflow System That Worked.
Then Spent Weeks Unlearning What "Professional" Sounds Like.

I didn't start with prompts.

I started with... trying to stop the spiral.

You know?

The one where you open Notion to "brainstorm" and end up optimizing your folder structure instead of launching anything.

I knew the tools.

That wasn't the problem.

The problem was trusting the system I built.

Especially because honestly I've used GPT every day since 2023.

Probably every hour.

I get how fast it can be.

But speed doesn't mean clarity.

Or strategy.

Or soul.

> Here's what my early AI workflow looked like:

Idea hits?

→ Typed into Notion (tagged as "seed")

GPT-4 refines it → headlines, hooks, tweet-style copy

I take that, plug it into a carousel template (or Pinterest schema)

SEO layer gets added:

Keywords clustered via SERP scraping

Titles scored for curiosity & click-through

Metadata rewritten with GPT + Frase or Surfer

Final test: I copy/paste into a doc and reread it out loud

If I flinch, I rewrite it

The whole thing looked clean.

Efficient.

Even kind of impressive.

But it felt fake.

Not because GPT is "bad." But because it was... too smooth.

Too linear.

Like a case study no one asked for.

▲ And then SEO made it worse.

I've studied algorithmic patterns.

CTR, bounce rate, semantic search, get it.

But when I started building AI systems to scale content, I noticed something weird:

The better the SEO structure got, the worse the content felt.

No edge.

No pause.

No "oh that's a human."

So I broke the system.

Not all of it.

Just the part that optimized me into invisibility.

Now?

I let the draft stay ugly for longer.

I'll voice memo an idea, paraphrase it 3x with ChatGPT, then go back and intentionally add memory clutter.

"Wrote this the night my Wi-Fi cut out.

Don't even know if it makes sense."

I'll literally paste that line into a draft.

Not to be artsy.

To be present.

~~Final~~ Final System (for real people doing real work)

Capture: messy > fast.

Don't let SEO ruin soul.

Paraphrase: 2-3 drift cycles (embedding shake)

Interrupt: sensory noise, timestamp inserts, irrelevant facts (burned toast? good.)

Layered SEO: yes, but only after clarity

Test: GPTZero pass > Copyleaks perfection

Final thought?

Most AI content feels like it's trying to be "valuable."

The best stuff feels like someone figuring it out with you.

That's the workflow I trust now.

Plagiarism Report

Plagiarism

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● Plagiarized content

FAQs

What is GPTZero?

GPTZero is the leading AI detector for checking whether a document was written by a large language model such as ChatGPT. GPTZero detects AI on sentence, paragraph, and document level. Our model was trained on a large, diverse corpus of human-written and AI-generated text, with a focus on English prose. To date, GPTZero has served over 10 million users around the world, and works with over 100 organizations in education, hiring, publishing, legal, and more.

When should I use GPTZero?

Our users have seen the use of AI-generated text proliferate into education, certification, hiring and recruitment, social writing platforms, disinformation, and beyond. We've created GPTZero as a tool to highlight the possible use of AI in writing text. In particular, we focus on classifying AI use in prose. Overall, our classifier is intended to be used to flag situations in which a conversation can be started (for example, between educators and students) to drive further inquiry and spread awareness of the risks of using AI in written work.

Does GPTZero only detect ChatGPT outputs?

No, GPTZero works robustly across a range of AI language models, including but not limited to ChatGPT, GPT-4, GPT-3, GPT-2, LLaMA, and AI services based on those models.

What are the limitations of the classifier?

The nature of AI-generated content is changing constantly. As such, these results should not be used to punish students. We recommend educators to use our behind-the-scenes [Writing Reports](#) as part of a holistic assessment of student work. There always exist edge cases with both instances where AI is classified as human, and human is classified as AI. Instead, we recommend educators take approaches that give students the opportunity to demonstrate their understanding in a controlled environment and craft assignments that cannot be solved with AI. Our classifier is not trained to identify AI-generated text after it has been heavily modified after generation (although we estimate this is a minority of the uses for AI-generation at the moment). Currently, our classifier can sometimes flag other machine-generated or highly procedural text as AI-generated, and as such, should be used on more descriptive portions of text.

I'm an educator who has found AI-generated text by my students. What do I do?

Firstly, at GPTZero, we don't believe that any AI detector is perfect. There always exist edge cases with both instances where AI is classified as human, and human is classified as AI. Nonetheless, we recommend that educators can do the following when they get a positive detection: Ask students to demonstrate their understanding in a controlled environment, whether that is through an in-person assessment, or through an editor that can track their edit history (for instance, using our [Writing Reports](#) through Google Docs). Check out our list of [several recommendations](#) on types of assignments that are difficult to solve with AI.

Ask the student if they can produce artifacts of their writing process, whether it is drafts, revision histories, or brainstorming notes. For example, if the editor they used to write the text has an edit history (such as Google Docs), and it was typed out with several edits over a reasonable period of time, it is likely the student work is authentic. You can use GPTZero's Writing Reports to replay the student's writing process, and view signals that indicate the authenticity of the work.

See if there is a history of AI-generated text in the student's work. We recommend looking for a long-term pattern of AI use, as opposed to a single instance, in order to determine whether the student is using AI.