

PRODUCTIVITY · 8 min read · September 16, 2026 · By Kelly Stratton

ChatGPT Life Map Prompt: See Everything It Knows About You, Predict Your Future, and Delete What You Want Gone

The two copy-and-paste prompts that turn everything ChatGPT remembers about you into one illustrated map of your life and a picture of your next ten years, how to read what comes back, and the exact clicks to delete anything you don't want it holding.

You've been telling ChatGPT about your life for months without thinking of it that way. The client who drives you crazy, the town you moved from, the knee that hurts, the thing you're saving for. It kept all of it. This guide gives you the two prompts that turn that file into a picture: one illustrated map of your life so far, and one of where it thinks you're headed. It's fun, it's a little unnerving, and it's the fastest way to see exactly what ChatGPT knows about you. Then, because you should get to decide what it holds, the last part is the exact clicks to delete anything you want gone.

IN A NUTSHELL

Paste prompt 1 into a new chat with memory on and ChatGPT draws "The Journey of My Life," an illustrated map with your people, places, milestones, and blind spots labeled. Stay in the same chat, paste prompt 2, and it draws "My Future," your most likely path over the next 1, 5, and 10 years. Read the labels, ask it what clue gave it anything you never typed, and delete what you don't want it holding from Settings, Personalization, Manage memories.

WHAT THE LIFE MAP IS

The ChatGPT life map is a single picture, drawn by ChatGPT, built from its memory of your past conversations. It shows the chapters of your life as a journey, with the people, places, milestones, struggles, interests, and patterns it has picked up along the way. It's the same memory file you can read in Settings, drawn instead of listed.

WHAT YOU NEED

ChatGPT on your phone or computer, any plan, with Memory turned on. It's on by default, so unless you switched it off you're set. The map is only as rich as your history: a few months of real conversations gives a full picture; a brand-new account gives a sketch. Both prompts run in one chat, in order.

PART 1 Why Can ChatGPT Draw a Map of My Life?

ChatGPT has memory. Not the chat you're in, a running file it keeps about you across every conversation. It writes to that file while you talk. Mention your kid's school, say you're tired of a client, ask about a knee that hurts, and it goes in. It also works things out you never said: roughly how old you are, what you earn, where you live, how you handle stress. It's on by default, and most people have never opened the page where it lives.

The map prompt asks ChatGPT to read that whole file, and everything it can reasonably infer from it, and draw it as one illustrated journey instead of listing it. That's why the picture can include things you never typed. Nobody looked you up. It connected dots you gave it, one chat at a time, and the map is the first time you get to see the dots together.

PART 2 Prompt 1: The Journey of My Life

Open a new chat and paste this exactly.

PROMPT

Using everything you know or you can reasonably infer about me from our chats, turn my life so far into a detailed visual journey. Include the people, places, milestones, struggles, interests, personality traits, patterns, and blind spots that define me. Title it "The Journey of My Life." Make it feel like an illustrated cinematic map or timeline rather than a corporate infographic. Use meaningful environments, objects, paths, crossroads, people, colors, and symbols to represent the chapters of my life. Include concise labels, but keep the image emotionally expressive, vibrantly colorful and visually beautiful. If you don't know what I look like, ask me to upload a photo of myself so you can depict me in the scene.

What happens next. It may ask for a photo of you so it can draw you into the scene.

Upload one, or reply "skip the photo and draw me as a figure." Then it draws. Give it a minute.

If it comes back as words. Sometimes the first answer is a written timeline instead of a picture. Reply, in the same chat: "make it one image." It draws it.

If the map is thin. Reply: "You know more than this. Add the people, places, and patterns from our earlier chats, and label each chapter." It fills in.

Before you show anyone. Read every label first. The map can carry your town, your workplace, family names, health details, and money, because you mentioned them once. Blur or crop anything you wouldn't say to a stranger before it goes anywhere public.

PART 3 Prompt 2: Can ChatGPT Predict My Future?

Stay in the same chat, so it keeps the same style and the same understanding of you, and paste this.

PROMPT

Now, based on everything you know about me and have inferred about me, create a visual prediction of my future: career, relationships, money, lifestyle, and personal growth. Show my most likely path, major decisions, and alternative possibilities over the next 1, 5, and 10 years. Base every prediction on evidence, include confidence levels, and treat it as possibility, not destiny. Title it "My Future." Use the same visual styling as you used for The Journey of My Life.

What you get. A second picture, same style, with a path through the next one, five, and ten years: where the work goes, what the relationships look like, money, where you live, what you're growing into, with a confidence level on each guess and a branch or two for the other way it could go.

How to read it. It isn't a forecast. It's a mirror. ChatGPT is taking the patterns in what you've told it, how you talk about work, what you keep coming back to, what you avoid, and running them forward. When a prediction lands, that's a habit showing. When one feels wrong, that's worth a second look too, because it came from something you said. The prompt tells it to treat everything as possibility, not destiny. Do the same.

PART 4 How to Read What Comes Back

The map will have two kinds of things on it: what you told it, and what it figured out. The second kind is the part people find unsettling, so make it show its work. Paste this in the same chat.

PROMPT

List every person, place, fact, and trait you put on the map. Next to each one, say whether I told you directly or you inferred it, and if you inferred it, quote the exact thing I said that gave you the clue.

Now you have the full list with the source of every item. Three things to do with it:

- **The clues are habits.** If “you’re careful with money” came from three chats about returns and refunds, that’s how you come across, and you decide whether that’s what you want in the file.
- **The wrong guesses are one line each.** Don’t argue with the map. Note the line, and delete it in Part 5.
- **The missing pieces tell you what it doesn’t know.** If your family, your health, or your finances aren’t on the map, you’ve never put them in a chat. Keep it that way if you like.

PART 5 How Do I Delete ChatGPT Memories?

Anything on the map you don’t want ChatGPT holding, you can remove in about a minute. Here are the exact clicks.

1. Click your name or initials in the bottom left corner, then **Settings**.
2. Click **Personalization**.
3. Under **Memory**, click **Manage memories**.
4. You’ll see every saved memory as a line. Hover over any one and click the trash icon to delete just that one.
5. To wipe everything, click **Clear ChatGPT’s memory** (or **Delete all**) at the bottom of that list.

6. To stop it saving anything going forward, flip the **Reference saved memories** toggle off on the Personalization page. Memory stays off until you turn it back on.

Delete one topic without hunting for it: open any chat and say “Forget what I told you about [topic].” It removes that memory. Faster than scrolling the list.

Talk to it without it remembering: start a **Temporary Chat** (the icon at the top right of a new chat). Nothing from a temporary chat is saved to memory or used to train anything. Use it for anything health, money, or legal that you’d rather it not carry around.

BEFORE YOU DELETE EVERYTHING

Wipe it all and ChatGPT forgets your job, how you like answers, and what you're working on, and every chat starts from zero. Delete the specific lines you don't want it holding, keep the useful ones, and add the things you actually want it to know on purpose. The full keep-or-delete list, and the four prompts that show you the whole file in writing, are in [ChatGPT Knows Things You Never Told It](#).

PART 6 What the Map Doesn't Mean

It didn't look you up. Everything on the map came from the chat box. Not your email, not your phone, not the internet. If something is on there, you said it, or you said the things it was inferred from.

The future picture is not a prediction. It's your own patterns, drawn forward, with confidence levels the prompt asked for. Use it the way you'd use a friend saying “you always do this.” Sometimes they're right.

Missing things aren't a mistake. A short map means a short history. Run the prompts again in a few months and watch it fill in.

DO THIS FIRST

Open ChatGPT right now, start a new chat, paste prompt 1, and wait for the picture. Look at the labels before you do anything else. Then paste prompt 2 in the same chat. Ten minutes, two pictures, and a clearer view of what ChatGPT knows about you than any settings page will ever give you. Anything you don't like, Part 5 takes it out.

FAQ Questions People Ask About the ChatGPT Life Map

Straight answers

What does ChatGPT know about me?

It keeps a running memory file across every conversation and writes to it while you talk: your job, the people you mention, your routines, what you're working on. It also works out things you never said, like roughly how old you are or how you handle stress. The life map prompt turns that file into one picture.

How do I get ChatGPT to make a visual map of my life?

Open a new chat with memory on and paste the map prompt from this guide. It asks ChatGPT to turn everything it knows about you into an illustrated journey titled The Journey of My Life, with the people, places, milestones, and blind spots labeled. If it comes back as text, reply "make it one image."

Can ChatGPT predict my future?

It can draw a prediction based on the patterns in your memory file, which is what the second prompt does: your most likely path in career, relationships, money, and lifestyle over the next 1, 5, and 10 years, with confidence levels. Treat it as a mirror of your habits, not a forecast. It only knows what you've typed.

How do you see what ChatGPT remembers about you?

Two ways. Click your name in the bottom left, then Settings, Personalization, and Manage memories to read every saved line. Or ask it in a fresh chat: "show me everything you've saved about me, the full record, nothing condensed." The map is the same file, drawn instead of listed.

How do I delete ChatGPT memories?

Click your name in the bottom left, then Settings, Personalization, and Manage memories under Memory. Every saved memory is a line you can trash one at a time, or clear all of them at the bottom of the list. To stop it saving anything going forward, flip the Reference saved memories toggle off.

Why did ChatGPT give me text instead of a picture?

Sometimes it answers the map prompt with a written timeline first. Reply "make it one image," in this same chat, and it draws it. If it asks for a photo of you so it can put you in the scene, upload one or say "skip the photo and draw me as a figure."

Is it safe to post my life map online?

Only after you look at every label. The map can include your town, your workplace, family names, health details, and money, because you mentioned them once in a chat. Blur or crop anything you wouldn't say to a stranger before it goes anywhere public.

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