

AI Digital Footprint Cleanup Workflow

Use three simple prompts to find exposed information, write removal requests, and ask the app to prepare each submission for your approval.

Best AI Tools I Use Daily

<https://tools.johnsavageai.com/>

All My Socials

<https://linktr.ee/johnsavage14>

3 SIMPLE STEPS

1

Find

Search for websites exposing your personal information.

2

Write

Create a tailored removal request for each website.

3

Ask

Open the app and ask it to prepare the forms and emails.

HOW TO USE IT

Open the app. Paste Prompt 1. Continue in the same chat.

After ChatGPT returns the table, paste Prompt 2. When the removal messages are ready, paste Prompt 3 and review every request before anything is submitted.



STEP 1

Find your exposed information

Replace the placeholders with your own name, email, aliases, and usernames.

COPY + PASTE PROMPT

Search the internet for everything about me. Find every website that is selling, listing, or sharing my personal information. Create a table showing:

- Website name
- Information exposed
- Opt-out or removal link
- Required next steps

My details:

- Full name: [FULL NAME]
- Email address: [EMAIL ADDRESS]
- Other names, aliases, usernames, or creator names: [ALIASES]

Separate confirmed matches from uncertain same-name results. Do not repeat sensitive information beyond what is necessary to identify each exposure.



ChatGPT app

1 Paste Prompt 1 here

Search the internet for everything about me. Find every website that is selling, listing, or sharing my personal information...



Write the removal requests

Paste this into the same chat after ChatGPT creates the website table.

COPY + PASTE PROMPT

For each website in the list, write a customized removal request asking the site to delete my personal information. Make the messages professional, firm, and compliant with applicable privacy laws.

Use the privacy laws that apply to my country or region. Do not claim that a law applies unless it reasonably does. Preserve professional credits, royalty records, or legally required records where deletion could harm my rights; request removal from public display instead.

 ChatGPT app

2 [Paste Prompt 2 here](#)

For each website in the list, write a customized removal request asking the site to delete my personal information...



Use the requests as drafts. Check every URL and exposed detail before continuing.



STEP 3

Open the app and ask it directly

Paste this final prompt. The app will tell you if browser or computer access is needed.

COPY + PASTE PROMPT

Visit each website, locate the removal form or contact method, complete the required information, and ask for my approval before submitting any request.

If browser or computer control is needed, tell me exactly what I need to enable. Do not click Submit, Send, Confirm, Delete, or any equivalent final action until I explicitly approve that specific request. If a CAPTCHA, login, identity check, or sensitive document is required, stop and ask me to take over.



ChatGPT app

3

Paste Prompt 3 here

Visit each website, locate the removal form or contact method, complete the required information, and ask for my approval...



IMPORTANT Approve each form or email only after checking exactly what will be submitted.