Voice Brief Builder

One page that keeps AI drafts sounding like YOU

Why it works

AI with no voice input writes toward the average of everything it's read — and average reads as no one. Your voice is an ingredient: ship it with every draft request. Show, don't describe: three real samples of your writing beat thirty adjectives, because language models imitate patterns far more faithfully than they obey descriptions.

The five parts

1 · Three best samples

Real excerpts where you sound most like yourself — different modes if you have them. These do the heavy lifting.

2 · Say / never say

Your actual vocabulary · the ten phrases that make your skin crawl. The never-side removes 80% of generic flavor.

3 · Rhythm & habits

Sentence length, questions to the reader, humor type, how you open and land endings.

4 · Audience & stance

Who you talk to and how — peer, teacher, big sibling. What you assume they know.

5 · The lines you hold

What you believe that your niche doesn't · what you refuse to hype · how honest you get about mistakes.

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Build it — keep the finished brief to ONE page

MY 3 SAMPLES (where each lives — paste the text into the digital brief):

SAY (words/phrases I actually use):

NEVER SAY (at least 8 — be ruthless):

RHYTHM & HABITS:

AUDIENCE & STANCE:

THE LINES I HOLD (POV, refusals, honesty level):

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The blind test + maintenance

The blind test protocol (15 minutes)

- [ ] Pick a small real task (caption, intro, short post) — write it yourself, quickly
- [ ] Have AI draft the same task WITH the brief, then WITHOUT
- [ ] Side by side, unlabeled — ideally judged by someone who knows your work
- [ ] Pass: with-brief clusters with yours, without-brief reads like a stranger
- [ ] Fail: no visible delta → swap describing for showing, extend never-say, retest

The permanent habits

The 10% pass

Your final edit on everything public — the phrasing only you would choose. Non-negotiable.

The drift check (monthly)

Do recent pieces still sound like me — or like my AI? If drifting: write something AI-free, update the samples.

The refresh

Your newest “best I’ve sounded” piece replaces the weakest sample. The brief grows as you do.

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What to do with this document

Your next steps

- [ ] Pick your 3 samples and fill all five parts — one page, pasteable
- [ ] Run the blind test and grade it honestly
- [ ] Redo one repurposing-chain asset with the brief attached + your 10% pass
- [ ] Calendar the monthly drift check

Keep going (free)

Every lesson of the Automation Academy is free at braintrain-ai-academy.com/automation-academy — problems first, tools second. This worksheet feeds directly into the next lesson of the module.

A NOTE FOR LATER

Later in this academy, documents like this one become your Automation Blueprint — a written plan of everything you want built. You can build it yourself with what these lessons teach. And if you would ever like help designing it around your specific situation, BrainTrain AI Coach can guide you step-by-step. For now: run the worksheet. That is the whole assignment.