

# The AI Vulnerability Quick Scan

A 5-Minute Diagnostic for Freelance Writers

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## The AI Vulnerability Quick Scan

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### Is Your Freelance Business AI-Proof — Or AI-Exposed?

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**AI isn't coming for your career. It's coming for the parts of your career a machine can do cheaper. The question isn't "will AI replace me?" It's "which of my services are vulnerable — and which are untouchable?"**

This Quick Scan gives you that answer in 5 minutes.

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### Step 1: List Every Service You Currently Sell

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Write down every type of work you do for money. Be specific. Examples:

- Blog posts (\$150 each)
  - Email sequences (\$500 per sequence)
  - Website copy (\$800 per page)
  - Social media captions (\$25 each)
  - White papers (\$2,000 each)
  - Newsletter writing (monthly retainer \$600)
  - Case studies (\$400 each)
  - Product descriptions (bulk \$15 each)
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### Step 2: Score Each Service on the AI Vulnerability Matrix

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For each service, score it 1-5 on these three factors:

**Factor 1 (Safe) 5 (Dangerous)**

Automation Ease Requires deep expertise, judgment, nuance

Substitution

**Multiply the three scores for each service:**

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## Step 3: Read Your Results

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### ScoreZoneWhat It Means

1-20GREEN ZoneThis service is AI-resistant. Protect it. R

21-60YELLOW

**Example: "Blog posts"**

### FactorScoreWhy

Automation Ease4AI writes decent blog drafts in seconds

Substitution

**Example: "White papers"**

### FactorScoreWhy

Automation Ease2Requires research, interviews, original t

Substitution

## Step 4: The Pivot Rule

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**For every RED Zone service, ask:**

- Can I bundle this as a free add-on to a higher-value service?
- Can I reposition it as "AI-augmented" (faster, same quality, same rate)?
- Can I stop selling it and replace it with a GREEN Zone offer?

**For every YELLOW Zone service, ask:**

- What would make this harder for AI to replicate? (Interviews? Strategy layer? Custom research?)
  - Can I rename and reframe it to emphasize the human value?
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## Your 5-Minute Action

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List your services

Score them on the matrix

Circle every RED Zone service

Pick ONE to reposition this week

That one repositioning could be worth thousands in protected income.

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## Want the Full 37-Page Audit?

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**This Quick Scan covers the diagnosis. The full Futureproof Copywriter Audit gives you the complete treatment:**

- The 7-Point Human Advantage Diagnostic (find your irreplaceable edge)
- The AI-Augmented Offer Stack (rebuild your services for 2026)
- The Value-Based Pricing Calculator (charge what you're actually worth)
- Client communication scripts, proposal templates, and positioning language
- Private Telegram community access

Get the full audit at: [futureproofwriter.gumroad.com/l/futureproof-copywriter-audit](https://futureproofwriter.gumroad.com/l/futureproof-copywriter-audit)

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