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https://sumizai.com/blog/how-to-save-chatgpt-answers-as-notes.html

USE CASES

How to save ChatGPT answers as notes

There are two ways to keep a ChatGPT answer as one of your **AI notes**, and only one of them involves the ChatGPT website. You can ask the same OpenAI models from inside SumizAI, so every useful answer is written up as a Markdown note on the spot, or you can copy text out of ChatGPT and import it. Neither route reads your chatgpt.com account. That part matters, so it comes first.

By Jan Śliwa **Updated:** 2026-08-14 **7** questions 5 min read

Q. Can SumizAI read my ChatGPT history directly?

No. There is no ChatGPT login in the app, no browser extension and no sync with chatgpt.com or the ChatGPT desktop and phone apps. Your history there stays where it is.

What the app does have is a connection to OpenAI itself. You paste an API key from the OpenAI platform, and the GPT models that power ChatGPT answer you in the app's own chat window. OpenAI is one of 7 providers available this way (the others are Anthropic, Google Gemini, Groq, OpenRouter, a local Ollama and any server that speaks the OpenAI API).

For text that already lives in ChatGPT, the route is the Import tab: paste it, or drop in a `.md`, `.markdown`, `.txt` or `.pdf` file. Both routes end in the same kind of file: AI notes in plain Markdown.

Q. How do I get GPT answers that save themselves as AI notes?

Connect OpenAI once, then just talk. The setup takes about five steps:

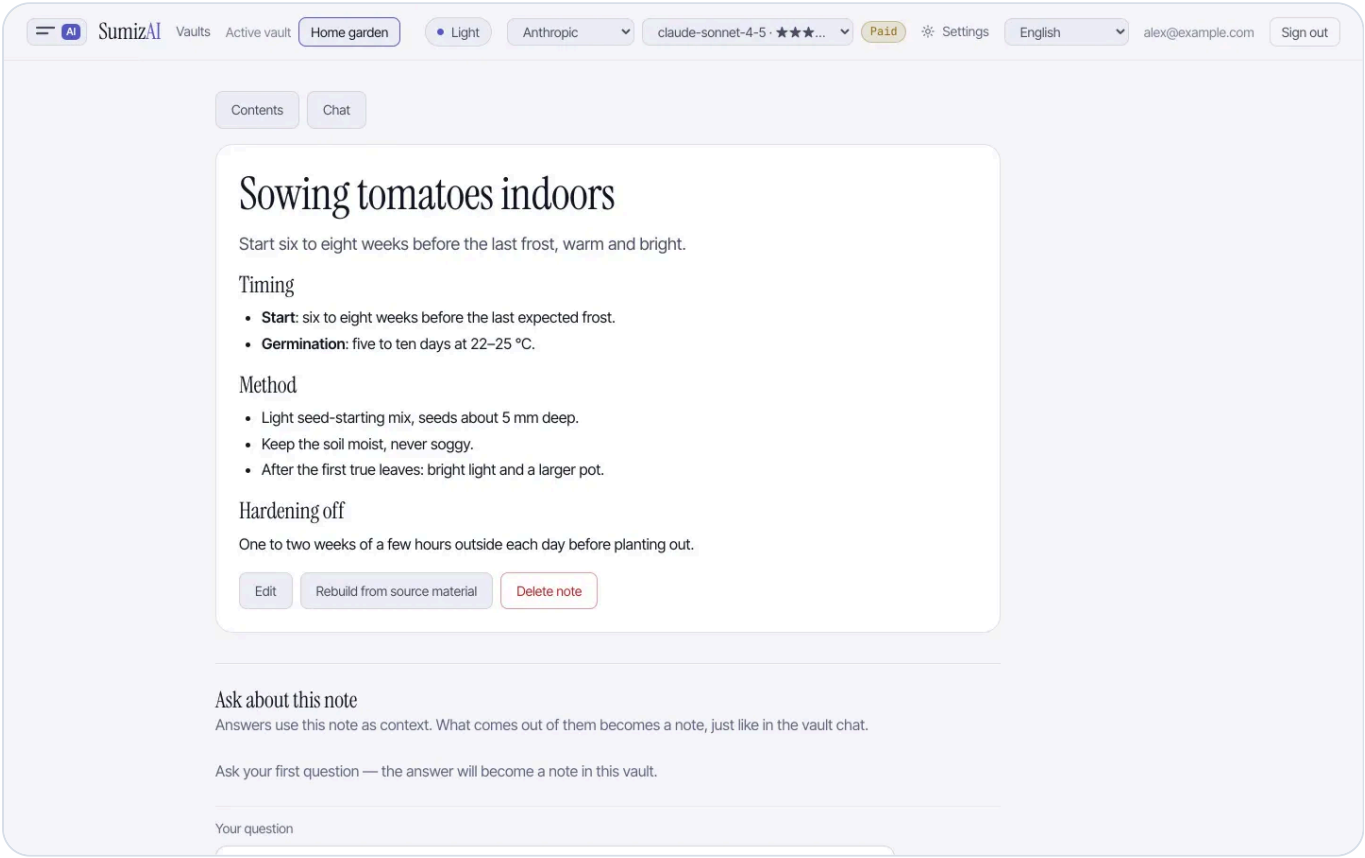
1. Create an API key in your OpenAI platform account. API usage is billed by OpenAI per request, separately from a ChatGPT Plus plan, so add credit there first.
2. Open Settings in SumizAI, choose OpenAI under *Providers* and paste the key.
3. Click *Save key*, then *Test connection*.
4. Pick a GPT model in *Model answering in chat*.

5. Read the consent window, *Send data to OpenAI?*, and click *I agree*.

That window lists exactly what leaves your Mac: your questions and the conversation history, excerpts of notes used as context, and imported documents and texts. Requests go from your computer straight to OpenAI under your key. Nothing passes through a SumizAI server.

From then on, an answer worth keeping turns into an AI note without a copy button. The model you chat with answers; a supporting model handles titles, summaries and topic matching. You can switch the automatic notes off for a single conversation when it is pure scratch work.

Q. What does a saved AI note look like on disk?



One chat answer from the Home garden demo vault, filed as a note.

A plain `.md` file in the vault's `notes/` folder, named after the title. Inside: a title, a one-line summary, the expansion, and at the bottom your original question and the full GPT answer, word for word. That source section is append-only. Later merges add to it and never rewrite it.

The note is also placed in the vault's table of contents. The model picks an existing chapter by its number (`1.`, `1.1`, `a)`) or asks for a new sub-chapter, up to 6 levels deep. Links to related notes are ordinary `[Title](file.md)` Markdown links, and only to notes that really exist.

Q. What about answers already sitting in ChatGPT?

Copy and paste works, and it is the fastest route for a handful of good answers.

In ChatGPT, use the copy button under the answer (or select the whole exchange, question included). In SumizAI, open the vault, go to the Import tab and paste into the *Import a conversation* box. Then you choose how much the model touches it:

- **Import text**: the model reads the pasted material and writes an AI note from it, with a title, summary and expansion, and the pasted text is kept underneath as the source.
- **Add without AI**: nothing is rewritten. The text goes in word for word, and only a chapter and a *Related* section are added. You can type a title, or the first line becomes one.

Long pastes are handled too. Material over 25 000 characters becomes several notes, split at its own headings (or at paragraph breaks if there are none), and the parts sit together in one chapter named after the document. Paste the exact same text twice and the second import is skipped before any model is called, so it costs nothing.

Q. Can I import the full ChatGPT data export?

Not as it comes. ChatGPT's export (Settings, then Data controls, then Export data) arrives as a ZIP link by email, and the conversations inside are in `conversations.json` plus a browsable `chat.html`.

The importer takes notes (`.md`, `.txt`), PDFs and vault archives. JSON and HTML are not on that list, and when you pick a whole folder, files of other types are skipped and counted.

So treat the export as an archive to read, not a feed. Open `chat.html` in a browser, find the twenty conversations that actually taught you something, and save each one as a `.txt` file in one folder. *Choose files or folder* then imports them one file at a time, and the table of contents is rebuilt after each note. Three years of chats about dinner recipes and email drafts do not belong among your AI notes anyway.

Q. Is this an Obsidian alternative, or something to use next to it?

Both, depending on where you write. SumizAI writes the notes from your conversations for you, while Obsidian expects you to write them yourself, which is why people looking for an Obsidian alternative with AI (/alternative-to/sumizai-alternative-to-obsidian.html) end up comparing the two.

The files do not care. A vault exported as ZIP holds `base.md` with the table of contents and a `notes/` folder with relative links, and it opens in Obsidian, VS Code or on GitHub. You can keep the AI notes from GPT here and read them there.

What you will not find is plugins, wiki-links, a graph view or Canvas. If those are the reason you use Obsidian, the app is a feeder for that vault, not an Obsidian alternative.

Q. What does this cost, and can I use it today?

The app costs 1 USD a month after a 7-day free trial, one plan. GPT usage is paid to OpenAI on your own key; SumizAI adds nothing on top.

No version can be downloaded yet. The macOS build (Apple silicon and Intel) is coming to the Mac App Store, with Windows, iOS and Android in preparation. Until then, the useful thing to do with your ChatGPT history is the sorting above: pick the conversations worth an AI note and save them as text files.

If you want the bigger picture first, the AI notes app (/) overview on the home page shows the chat, the table of contents and the export side by side.