

INTERVIEWREADY

InterviewReady AI Prompt Vault

100 copy-and-customize prompts for truthful, role-specific preparation

2026 Edition

Use with ChatGPT or another capable AI assistant

Build authentic answers. Perform with confidence. Earn stronger offers.

A practical human-plus-AI preparation system for modern hiring.

Safe-use instructions

Replace bracketed placeholders with accurate information. Remove confidential, proprietary, medical, financial, and personally identifying information. Treat outputs as drafts: verify facts, protect your own voice, and never add achievements or credentials that are not true.

Best input bundle

Provide the job description, a sanitized resume, your evidence notes, the interview format, and the exact output you need. Better context usually produces more useful preparation.

Targeting and job-description analysis

1. Extract the real hiring scorecard

Find the outcomes hidden inside a posting.

Act as a careful hiring analyst. From the job description below, identify: (1) the five most important outcomes, (2) the capabilities needed for each, (3) the risks the employer is likely trying to avoid, (4) the evidence a strong candidate would show, and (5) ten interview questions likely to test those areas. Separate explicit requirements from your inferences and label uncertainty. Job description: [PASTE].

Quality check: Every inference is labeled; no employer fact is invented.

2. Prioritize requirements

Separate decision-critical requirements from long wish-list items.

Analyze this job description and place each requirement into one of four groups: essential on day one, learnable in 90 days, preferred differentiator, or likely boilerplate. Explain the evidence in the posting for each classification. Do not tell me I am qualified yet. Job description: [PASTE].

Quality check: The ranking is grounded in wording, repetition, scope, and outcomes.

3. Translate duties into results

Turn task language into employer outcomes.

Rewrite each major duty in this posting as an outcome statement using: 'The employer needs someone who can [action] so that [business/customer result].' Then suggest one truthful evidence type a candidate could use for each. Job description: [PASTE].

Quality check: Outcomes are concrete and the evidence suggestions do not assume facts about me.

4. Compare two target roles

Choose a focused direction.

Compare [ROLE A] and [ROLE B] using my sanitized background below. Score fit across transferable evidence, learning gap, compensation potential, market breadth, and personal constraints. Show assumptions, do not fabricate market data, and end with questions I must answer before choosing. Background: [PASTE]. Constraints: [PASTE].

Quality check: The recommendation acknowledges uncertainty and does not overstate current market conditions.

5. Create a target-role vocabulary map

Learn the language without keyword stuffing.

From these five job postings for the same role, identify recurring capabilities, tools, outcomes, stakeholder terms, and metrics. Create a vocabulary map with plain-language definitions and examples of how to discuss each naturally in an interview. Postings: [PASTE].

Quality check: Terms are recurring across postings and not presented as facts about a specific employer.

6. Identify hidden interview risks

Prepare for concerns before they appear.

Review this posting and my sanitized resume. List the seven most likely concerns an interviewer may have, rank them by decision risk, and explain what truthful evidence or clarification could reduce each concern. Do not recommend hiding or misrepresenting anything. Posting: [PASTE]. Resume: [PASTE].

Quality check: Concerns are framed neutrally and repairs use real proof.

7. Predict interview stages

Prepare by likely format.

Based only on this posting and the publicly stated hiring process below, propose likely interview stages, what each stage may evaluate, and the best preparation artifact for each. Clearly distinguish confirmed details from normal possibilities. Posting: [PASTE]. Process notes: [PASTE].

Quality check: No stage is stated as certain unless confirmed.

8. Build a 14-day preparation plan

Convert analysis into scheduled work.

Create a 14-day interview preparation plan for [ROLE] using this posting, my available time of [MINUTES] per day, and my biggest weaknesses [LIST]. Sequence the work as role analysis, evidence mining, answer mapping, role-specific practice, mocks, repair, and light review. Include one measurable deliverable per day. Posting: [PASTE].

Quality check: The plan fits the actual time limit and prioritizes high-risk gaps.

9. Create a one-page role brief

Make interview-day review simple.

Turn the following research into a one-page interview brief containing: top three role outcomes, top five capabilities, likely risks, ten story labels I should consider, five questions to ask, and facts that still require verification. Do not write full scripts. Research: [PASTE].

Quality check: The result is short enough for a five-minute review.

10. Audit my role understanding

Expose weak assumptions.

Interview me with 12 increasingly difficult questions to test whether I truly understand [ROLE] at [LEVEL]. Ask one question at a time. After each answer, identify unsupported assumptions and give one follow-up. Do not provide ideal answers until the end. Context: [PASTE].

Quality check: The exercise challenges reasoning rather than rewarding jargon.

Company and interviewer research

11. Create a research plan

Research efficiently without collecting trivia.

Create a 45-minute company research plan for an interview with [COMPANY] for [ROLE]. Divide it into company/customer, product, business model, current priorities, team, interviewer, and role-risk research. For each section, state what to find, why it matters, and how it could change an answer or question. Do not invent findings.

Quality check: The plan tells me what decisions each fact will support.

12. Separate facts from assumptions

Prevent confident misinformation.

Review my company research notes. Create three sections: verified fact, reasonable inference, and unanswered question. Flag claims that need a source or date. Notes: [PASTE].

Quality check: Every current or numerical claim is flagged for verification.

13. Turn news into interview relevance

Use current events intelligently.

Using the sourced company updates below, explain how each could affect the target role, customer, priorities, or risks. Generate two thoughtful interview questions, but avoid pretending to know internal strategy. Updates with dates and sources: [PASTE]. Role: [PASTE].

Quality check: Questions are curious, not accusatory or overconfident.

14. Analyze the product as a candidate

Demonstrate customer understanding.

Analyze [PRODUCT/SERVICE] from the viewpoint of its target customer. Identify job-to-be-done, strengths, friction, alternatives, and three questions a candidate for [ROLE] could ask. Use only the information I provide and label assumptions. Information: [PASTE].

Quality check: The output connects customer experience to the role.

15. Prepare for an interviewer

Adapt without stereotyping.

From this interviewer's public professional information, identify topics they may understand deeply, likely interfaces with my role, and neutral questions I could ask. Do not infer personality, protected traits, or private beliefs. Information: [PASTE].

Quality check: Observations stay professional and evidence-based.

16. Evaluate culture claims

Move beyond slogans.

Review the company values and employee-facing statements below. Translate each into observable

workplace behaviors and generate one non-confrontational question that could test whether the behavior occurs in practice. Statements: [PASTE].

Quality check: Questions seek examples rather than demanding reassurance.

17. Map stakeholders

Prepare cross-functional evidence.

For [ROLE] in this company context, create a probable stakeholder map with needs, tensions, and evidence I should prepare. Label it as a hypothesis, not an org chart. Context: [PASTE].

Quality check: The map highlights tradeoffs without claiming inside knowledge.

18. Prepare merger or restructuring questions

Handle sensitive change professionally.

The sourced information below suggests organizational change. Generate five respectful questions about role stability, priorities, decision rights, and resources. Avoid rumors and do not ask the interviewer to disclose confidential information. Information: [PASTE].

Quality check: Questions are factual, calm, and decision-useful.

19. Create manager-evaluation questions

Evaluate fit both ways.

Generate eight questions to understand a potential manager's expectations, feedback style, prioritization, support, autonomy, and handling of mistakes. Make them specific to [ROLE/LEVEL] and avoid yes/no wording. Context: [PASTE].

Quality check: Questions invite concrete examples.

20. Build a research-to-answer bridge

Use findings in answers naturally.

For each verified company fact below, show whether it is relevant to: why this company, why this role, a STAR example, or a question to ask. Write a one-sentence natural bridge for relevant facts. Do not force irrelevant details. Facts: [PASTE].

Quality check: No fact is inserted merely to sound researched.

Evidence mining and story building

21. Interview me for evidence

Find examples I may overlook.

Act as an evidence-mining coach for [TARGET ROLE]. Ask me 20 questions one at a time about work, school, volunteering, caregiving, projects, and difficult situations. Look for decisions, scale, constraints, stakeholders, results, and lessons. Never suggest that I invent a detail.

Quality check: The coach asks follow-ups that uncover specific actions and proof.

22. Convert raw notes into an evidence bank

Organize facts before scripting.

Turn my raw experience notes into an evidence bank table with columns: story label, problem/goal, my specific actions, result or credible proxy, competencies shown, and facts needing confirmation. Preserve uncertainty. Notes: [PASTE].

Quality check: The output distinguishes team results from my contribution.

23. Find measurement proxies

Strengthen a result without fake numbers.

For each example below, suggest truthful ways I might measure or verify impact: time, frequency, volume, quality, error reduction, adoption, feedback, prevention, complexity, or learning speed. Ask me questions rather than creating numbers. Examples: [PASTE].

Quality check: No metric is supplied unless it came from my input.

24. Clarify personal ownership

Remove vague team language.

Review these stories and mark every sentence where my contribution is unclear. Ask targeted questions to separate team context, my decisions, my actions, and shared results. Stories: [PASTE].

Quality check: The revision does not claim sole credit for team work.

25. Match stories to competencies

Use fewer stories more flexibly.

Map my evidence bank to these competencies. For each competency, select a primary story, backup story, and likely follow-up. Identify competencies with no credible proof. Evidence: [PASTE]. Competencies: [PASTE].

Quality check: Weak gaps remain visible instead of being filled with invented examples.

26. Build STAR+ answer maps

Structure without over-scripting.

Convert each factual story below into a STAR+ answer map with bullet anchors for situation, task, three to five actions, result, reflection, and role relevance. Keep all facts unchanged and list missing facts as questions.

Stories: [PASTE].

Quality check: The output is an outline, not a memorized speech.

27. Shorten a story

Make a long answer interview-ready.

Reduce this truthful story to a 90-second spoken answer. Preserve the decision, my contribution, result, and lesson. Remove background that is not required. Then provide a 30-second version and a two-minute version. Story: [PASTE].

Quality check: All versions tell the same factual story.

28. Stress-test a story

Prepare for skeptical follow-ups.

Act as a skeptical but fair interviewer. Read this story and ask ten follow-ups about assumptions, alternatives, data, stakeholders, mistakes, ownership, and result. Then identify claims I should verify before using it. Story: [PASTE].

Quality check: The critique tests credibility without rewriting history.

29. Find ethical AI evidence

Prepare a responsible AI-use example.

Help me build a truthful example of using AI or automation responsibly. Ask about the use case, inputs, confidentiality, verification, human decision, failure modes, and outcome. Do not accept vague claims of productivity. My notes: [PASTE].

Quality check: The example demonstrates validation and human accountability.

30. Create a story selection matrix

Choose the best example quickly.

Score my stories against the question below using relevance, difficulty, personal ownership, evidence strength, recency, and role connection. Explain the top choice and backup. Question: [PASTE]. Stories: [PASTE].

Quality check: The strongest story is not chosen only because it has the largest number.

Core answer preparation

31. Build my introduction

Create a concise professional narrative.

Using only the facts below, create a 60-second 'Tell me about yourself' answer using present-past-future. Give me a bullet map and two natural wording options. Do not add adjectives that are not proven. Facts: [PASTE]. Role: [PASTE].

Quality check: The answer is relevant, evidence-backed, and not a resume walk-through.

32. Strengthen why this role

Connect motivation to work.

Help me answer 'Why this role?' using work I genuinely want to do, a problem I can help solve, relevant proof, and one specific aspect of the role. Ask questions for any missing element. Inputs: [PASTE].

Quality check: The answer does not focus only on salary, prestige, or escape.

33. Strengthen why this company

Avoid generic praise.

Create a why-this-company answer from the verified facts and personal motivations below. Separate company-specific reasons from reasons that could apply anywhere. Facts: [PASTE]. Motivations: [PASTE].

Quality check: Every company-specific statement is verifiable.

34. Evidence-back my strengths

Replace labels with proof.

For each strength I list, ask for one example and one result. Then suggest the two strengths most relevant to this role and build a concise answer map. Strengths: [PASTE]. Role: [PASTE].

Quality check: Selected strengths are supported and role-relevant.

35. Choose a credible weakness

Avoid clichés and disqualifiers.

Help me evaluate these possible weaknesses against four criteria: real, manageable, not a disguised strength, and not fatal to the target role. Then build a consequence-change-proof answer for the safest truthful option. Options: [PASTE]. Role: [PASTE].

Quality check: The answer contains evidence of changed behavior.

36. Explain why I am leaving

Stay truthful and forward-looking.

Rewrite my factual reason for leaving into a concise professional answer that avoids blame while preserving material truth. Add a bridge to the target role. Facts: [PASTE].

Quality check: The answer would remain accurate under reference checking.

37. Prepare why should we hire you

Summarize fit without arrogance.

From the role scorecard and my evidence, create a 45-second answer linking three employer priorities to specific proof and a realistic contribution. Do not claim I am the best candidate. Scorecard: [PASTE]. Evidence: [PASTE].

Quality check: The answer focuses on employer needs, not unsupported superiority.

38. Prepare salary expectations

Keep flexibility and clarity.

Help me prepare three responses to salary expectations: before I know the approved range, after a range is published, and after I understand the full scope. Use my verified market research below and avoid legal or financial advice. Research: [PASTE].

Quality check: The responses consider total compensation and do not bluff.

39. Explain a career change

Make the transition credible.

Build a career-change narrative using: reason for direction, transferable proof, intentional learning, current demonstration project, and why this role. Use only my facts. Facts: [PASTE].

Quality check: The narrative emphasizes movement toward a target, not vague dissatisfaction.

40. Audit ten core answers

Find inconsistency across my narrative.

Review my ten core answer maps for contradictions, unsupported claims, repeated stories, excessive length, and language that does not sound like one person. Return a repair list, not polished scripts. Answers: [PASTE].

Quality check: The repair protects consistency without making every answer identical.

Behavioral and situational practice

41. Run a behavioral mock

Practice one question at a time.

Run a 12-question behavioral interview for [ROLE/LEVEL]. Ask one question at a time, use follow-ups based on my answer, and do not coach me until the end. Score relevance, evidence, structure, ownership, concision, and reflection. Job description: [PASTE].

Quality check: The mock changes follow-ups based on my actual answers.

42. Run an ambiguity drill

Test reasoning under uncertainty.

Give me five realistic ambiguous scenarios for [ROLE]. For each, ask what I would clarify, how I would decide, what risks I would monitor, and how I would communicate. Do not reveal a preferred approach until I answer. Context: [PASTE].

Quality check: Scenarios have genuine tradeoffs rather than one obvious answer.

43. Practice conflict follow-ups

Show maturity without blame.

Ask me a conflict question and then challenge me on the other person's perspective, my contribution to the tension, power dynamics, and the relationship afterward. Keep the exercise professional. Role: [PASTE].

Quality check: The exercise rewards accountability and understanding.

44. Practice failure honestly

Avoid a polished non-failure.

Ask me to describe a real failure. Probe the original expectation, warning signs, my responsibility, immediate repair, root cause, and later proof that I changed. Do not let me convert it into a disguised success.

Quality check: The final story includes a real consequence and changed behavior.

45. Practice prioritization

Explain tradeoffs clearly.

Give me six competing tasks appropriate for [ROLE]. Ask me to prioritize them aloud, identify missing information, communicate tradeoffs, and revise when new information appears. Context: [PASTE].

Quality check: The exercise tests decision principles, not only the final order.

46. Practice stakeholder influence

Lead without authority.

Create a scenario where I need support from skeptical stakeholders without formal authority. Interview me about stakeholder mapping, incentives, evidence, objections, pilot design, and follow-through. Role: [PASTE].

Quality check: The approach relies on influence rather than manipulation.

47. Practice customer escalation

Balance empathy and boundaries.

Create a customer escalation for [ROLE/INDUSTRY]. Ask me to diagnose, communicate, coordinate, set expectations, and prevent recurrence. Include one constraint I cannot remove. Context: [PASTE].

Quality check: The response protects both customer trust and operational reality.

48. Practice ethical judgment

Make values operational.

Create five ethical dilemmas relevant to [ROLE] involving data, safety, pressure, conflicts of interest, or AI. Ask what I would do, document, escalate, and learn. Avoid requesting legal advice. Context: [PASTE].

Quality check: Scenarios test action and escalation, not value slogans.

49. Practice remote collaboration

Demonstrate distributed work habits.

Interview me about remote communication, asynchronous work, meeting discipline, visibility, focus, time zones, and relationship building. Ask for proof and tradeoffs. Role: [PASTE].

Quality check: Answers show systems, not merely comfort with video calls.

50. Practice unexpected questions

Recover without panic.

Ask me ten unusual but job-relevant questions in random order. After each, score whether I paused, clarified, structured, and used evidence. Do not use trick questions unrelated to job performance. Role: [PASTE].

Quality check: Questions create surprise while remaining fair and relevant.

Role-specific preparation

51. Create a role-specific competency map

Identify what good looks like by function.

For [ROLE] at [LEVEL], create a competency map covering outcomes, hard skills, judgment, communication, common failure modes, and evidence types. Distinguish stable role knowledge from company-specific assumptions. Context: [PASTE].

Quality check: The map includes observable evidence, not generic traits.

52. Build a case interview practice

Practice structured problem solving.

Create a realistic business case for [ROLE/INDUSTRY]. Give information in stages and require me to clarify objectives, structure the problem, choose data, make assumptions, and recommend action with risks. Do not reveal the full answer initially.

Quality check: The case can have more than one defensible recommendation.

53. Prepare a portfolio walkthrough

Explain work as decisions and impact.

Turn my project notes into a 7-minute portfolio walkthrough: context, user/business need, constraints, my role, decisions, alternatives, collaboration, result, learning, and what I would change. Identify missing evidence. Notes: [PASTE].

Quality check: The walkthrough makes contribution and tradeoffs clear.

54. Prepare a technical explanation

Communicate depth at the right level.

Help me explain [TECHNICAL TOPIC] at three levels: informed executive, cross-functional partner, and specialist peer. Use my factual project example and identify claims to verify. Example: [PASTE].

Quality check: The three versions preserve technical truth.

55. Prepare a sales interview

Show revenue process and ethics.

Create a sales interview preparation map for [ROLE/SEGMENT] covering prospecting, discovery, qualification, objections, pipeline, forecasting, negotiation, retention, and ethics. Match each to proof in my notes and flag gaps. Notes: [PASTE].

Quality check: The map distinguishes activity from outcomes and avoids fake quota claims.

56. Prepare customer support evidence

Show judgment beyond friendliness.

Map my support stories to diagnosis, de-escalation, ownership, handoffs, documentation, prevention, and

customer/business balance. Create ten likely questions and best-story matches. Stories: [PASTE].

Quality check: Evidence includes process and prevention, not only empathy.

57. Prepare operations interview

Show reliability and improvement.

Analyze my operations examples for throughput, quality, safety, cost, capacity, standard work, escalation, and continuous improvement. Build a proof matrix and identify missing baseline or result data. Examples: [PASTE].

Quality check: The analysis avoids claiming causation without evidence.

58. Prepare people-manager interview

Demonstrate systems and judgment.

Build a manager interview plan from my facts covering expectations, feedback, performance, hiring, coaching, delegation, conflict, inclusion, change, and difficult decisions. Flag where I have only theory and need an adjacent example. Facts: [PASTE].

Quality check: The plan does not convert individual contribution into invented management experience.

59. Prepare project/program interview

Show governance without jargon.

Turn my project examples into evidence for scope, milestones, dependencies, risks, stakeholders, change control, decisions, and outcomes. Generate ten probing questions. Examples: [PASTE].

Quality check: The output shows how work was controlled and adapted.

60. Prepare entry-level interview

Use credible nontraditional evidence.

For this entry-level role, map school, volunteering, service work, caregiving, and personal projects to job capabilities. Identify one small demonstration project I could truthfully complete. Background: [PASTE]. Role: [PASTE].

Quality check: The plan respects limited experience and does not inflate it.

Video, AI-assisted, and assessment preparation

61. Create a recorded-interview drill

Practice concise camera answers.

Generate ten recorded-video prompts for [ROLE], each with a preparation time and answer time. After I provide transcripts, score opening clarity, structure, evidence, pace, and ending. Job description: [PASTE].

Quality check: The scoring focuses on job communication, not appearance.

62. Critique a transcript

Improve spoken clarity.

Review this interview transcript. Mark long setup, filler, unclear pronouns, buried actions, weak results, jargon, and abrupt endings. Produce a revised bullet map rather than a word-for-word script. Transcript: [PASTE].

Quality check: The revision remains natural and factually identical.

63. Create a technology checklist

Avoid preventable failure.

Create a personalized technology and environment checklist for a [LIVE/RECORDED] interview using [PLATFORM], [DEVICE], and [LOCATION]. Include permissions, audio, lighting, backup, privacy, updates, and contact plan. Do not assume platform features.

Quality check: The checklist can be completed before interview day.

64. Prepare an AI-use answer

Show practical fluency and caution.

Using my real example, help me answer how I use AI at work. Structure it as use case, reason, input controls, verification, human judgment, outcome, and limits. Ask for missing facts. Example: [PASTE].

Quality check: The answer does not claim AI accuracy or disclose confidential data.

65. Audit a take-home plan

Respect employer rules.

Review the instructions for this take-home assessment and my proposed workflow. Identify what is explicitly allowed, prohibited, ambiguous, or should be clarified regarding AI, external tools, collaboration, sources, and confidentiality. Do not complete the assessment. Instructions: [PASTE]. Plan: [PASTE].

Quality check: Ambiguous rules become questions for the employer.

66. Practice timed written responses

Write clearly under limits.

Give me five job-related written prompts for [ROLE] with a [TIME] minute limit. Score my response for directness, structure, evidence, assumptions, and action. Do not correct until time is complete.

Quality check: The exercise reflects likely work communication.

67. Prepare accessibility requests

Communicate a reasonable process request.

Help me draft a concise factual request to the recruiting contact about an interview-process accommodation. Preserve only the details I provide, avoid medical advice, and focus on the requested adjustment and process. Facts: [PASTE].

Quality check: The message does not invent a diagnosis or legal conclusion.

68. Create a privacy-safe AI input

Sanitize preparation material.

Review this resume and interview notes for information that should be removed or generalized before entering them into an AI system: names, contact details, confidential data, client identifiers, financial details, health information, security data, and proprietary processes. Return a redaction checklist, not the sensitive data. Material: [PASTE].

Quality check: The checklist errs toward minimizing unnecessary data.

69. Test for robotic wording

Protect my voice.

Compare this AI-assisted answer with these samples of my natural speaking. Identify phrases, rhythm, vocabulary, and claims that do not sound like me. Suggest simpler bullet anchors. Answer: [PASTE]. Samples: [PASTE].

Quality check: The revision improves authenticity rather than adding polish for its own sake.

70. Create an integrity boundary plan

Decide before pressure arrives.

Help me write personal rules for ethical use of AI in job searching, live interviews, assessments, portfolios, references, and negotiation. Base the rules on employer instructions, truthfulness, privacy, disclosure, and independent judgment. Context: [PASTE].

Quality check: The rules are specific enough to guide a real decision.

Mock interviewing and feedback

71. Run a recruiter screen

Practice fit, logistics, and clarity.

Act as a recruiter screening for [ROLE]. Ask about background, target, motivation, eligibility/logistics, compensation, and concerns. Ask one question at a time. At the end, give a decision-risk summary and three repairs. Posting: [PASTE].

Quality check: Feedback separates communication issues from qualification gaps.

72. Run a hiring-manager interview

Test role proof deeply.

Act as the hiring manager for [ROLE]. Use this scorecard and ask 12 questions with probing follow-ups. Do not accept vague statements. Score each capability and cite the evidence I actually gave. Scorecard: [PASTE].

Quality check: The score is linked to observable answers.

73. Run a panel simulation

Practice different viewpoints.

Simulate a panel with a manager, peer, cross-functional partner, and customer-facing stakeholder. Label who asks each question. Include one disagreement in priorities and require me to adapt without contradicting myself. Role: [PASTE].

Quality check: Panel perspectives are relevant and not caricatures.

74. Use a strict rubric

Make feedback consistent.

Score my answer from 1 to 5 on relevance, evidence, structure, ownership, concision, reflection, and role connection. Quote only short phrases from my answer as evidence. Then give one highest-impact repair and one follow-up question. Answer: [PASTE]. Question: [PASTE].

Quality check: Feedback prioritizes one change rather than rewriting everything.

75. Find answer patterns

Diagnose across a full mock.

Analyze these mock-interview transcripts for patterns across openings, examples, actions, results, pace, filler, ownership, and recovery. Rank the top three changes by likely hiring impact. Transcripts: [PASTE].

Quality check: The analysis distinguishes repeated patterns from one-off errors.

76. Create a deliberate-practice set

Target one weakness repeatedly.

My interview weakness is [WEAKNESS]. Create a 30-minute deliberate-practice session with six short drills, increasing difficulty, objective scoring, and one final transfer question for [ROLE].

Quality check: Each drill isolates the target behavior.

77. Practice follow-up depth

Go beyond prepared stories.

Ask one behavioral question, then use at least seven follow-ups about details, alternatives, mistakes, data, and learning. Do not move to a new question. Role: [PASTE].

Quality check: The exercise reveals whether the story is truly understood.

78. Practice concise answers

Control time without losing evidence.

Ask me ten interview questions. Enforce answer limits alternating among 30, 60, and 90 seconds. After each, tell me only whether I answered the question, included evidence, and stopped on time. Role: [PASTE].

Quality check: The exercise does not reward speed at the expense of clarity.

79. Practice recovery

Build composure after difficulty.

Create a mock where I misunderstand one question, do not know one answer, ramble once, and receive one skeptical challenge. Pause after each moment so I can use a recovery phrase and continue. Role: [PASTE].

Quality check: The scenarios are job-relevant and not humiliating.

80. Compare mock versions

Measure actual improvement.

Compare Mock A and Mock B using the same rubric. Identify improvements, regressions, and unchanged patterns. Do not reward longer answers automatically. Transcripts: [PASTE].

Quality check: The comparison cites examples from both mocks.

Difficult background and career transitions

81. Use acknowledge-bridge-prove

Address a concern directly.

Help me answer this background concern using acknowledge-bridge-prove. Preserve the exact truth, avoid overexplaining, and ask me for proof before drafting. Concern and facts: [PASTE]. Role: [PASTE].

Quality check: The answer addresses the risk without evasion.

82. Explain an employment gap

Protect privacy and show readiness.

Create three concise versions of my truthful employment-gap explanation: recruiter screen, hiring manager, and written application. Use only the category and details I choose to share, current readiness, and relevant activity. Facts: [PASTE].

Quality check: No private detail is added or demanded.

83. Explain a layoff

Separate business event from performance.

Help me explain a layoff accurately and neutrally, reinforce a contribution I am proud of, and bridge to my target. Facts: [PASTE].

Quality check: The wording does not imply facts I cannot confirm.

84. Explain termination or performance history

Show accountability without legal conclusions.

Using only facts I am permitted to discuss, help me prepare a concise answer about a termination or performance issue: relevant fact, my responsibility, learning, changed behavior, and current proof. Tell me when professional advice may be appropriate. Facts: [PASTE].

Quality check: The answer is honest, non-defamatory, and not a long defense.

85. Explain frequent moves

Make the pattern understandable.

Organize my job changes into an accurate pattern, distinguish voluntary and involuntary changes, and create a forward-looking explanation of what makes this target more durable. Timeline: [PASTE].

Quality check: The pattern is not disguised and dates remain consistent.

86. Address limited direct experience

Prove transferability.

For each direct-experience gap in this posting, identify adjacent proof, learning completed, a demonstration project, and a 30-60-90 day ramp plan. Do not state that transferability equals experience. Posting: [PASTE]. Background: [PASTE].

Quality check: Each bridge includes evidence and a realistic learning need.

87. Address overqualification

Reduce retention concerns.

Prepare an answer addressing why I want a role that may appear below my previous level. Cover work motivation, scope, compensation realism, reporting relationship, and duration honestly. Facts: [PASTE].

Quality check: The answer addresses the employer's likely retention risk.

88. Explain a non-linear career

Create coherence without rewriting history.

Turn my career timeline into a coherent narrative around recurring capabilities and decisions. Preserve changes and uncertainty rather than pretending there was always one plan. Timeline: [PASTE].

Quality check: The story is coherent because of real themes, not invented intention.

89. Prepare a return-to-work narrative

Connect current readiness to evidence.

Help me prepare for returning to work after [CATEGORY]. Map relevant activity, refreshed skills, logistical readiness, and target-role proof. Ask for missing facts. Inputs: [PASTE].

Quality check: The output does not assume personal circumstances.

90. Audit consistency

Prevent resume/interview contradictions.

Compare my resume, application, LinkedIn text, and interview answer notes for conflicting dates, titles, scope, numbers, and reasons for leaving. List discrepancies for me to resolve; do not choose a version. Materials: [PASTE].

Quality check: Every inconsistency is surfaced before drafting.

Questions, follow-up, offers, and negotiation

91. Generate decision-useful questions

Ask what helps me evaluate the role.

Create 15 questions for [ROLE] divided among success, priorities, constraints, manager, team, change, resources, and process. Avoid questions answered in the posting and avoid yes/no wording. Context: [PASTE].

Quality check: Each question can change my understanding or decision.

92. Rank my questions by stage

Use the right question at the right time.

Rank these interview questions for recruiter screen, hiring manager, panel, final interview, or offer stage. Explain timing and flag wording that may sound accusatory or premature. Questions: [PASTE].

Quality check: The ranking considers who can answer each question.

93. Create a closing summary

End clearly without pressure.

Using the discussion notes below, write a 20-second closing map: what I heard, matching evidence, genuine interest, and an invitation to clarify concerns. Do not assume a positive decision. Notes: [PASTE].

Quality check: The close reflects the actual conversation.

94. Draft a specific thank-you

Follow up without generic filler.

Draft a brief thank-you email using the exact interview details below: one specific appreciation point, one role priority, one matching proof point, and any promised material. Do not overstate interest or urgency. Details: [PASTE].

Quality check: The message could not be sent unchanged to another employer.

95. Follow up after silence

Be persistent but professional.

Draft three follow-up options after the stated hiring timeline passed: warm, direct, and concise. Use these facts and do not invent competing offers. Facts: [PASTE].

Quality check: The message is easy to answer and not guilt-inducing.

96. Request feedback after rejection

Protect the relationship.

Draft a short response to this rejection that thanks them, asks for any permissible feedback, and leaves the relationship open. Do not argue the decision. Rejection: [PASTE].

Quality check: The tone is professional and no response is demanded.

97. Analyze an offer

Compare the whole package.

Create an offer analysis table using base, variable pay, equity, benefits, schedule, commute, travel, title, scope, manager, stability, learning, start date, and contingencies. Identify missing information and do not give legal or financial advice. Offer details: [PASTE].

Quality check: Unknown terms remain unknown rather than assumed favorable.

98. Prepare a salary request

Use evidence and a clear ask.

Using my verified market research, role scope, and evidence, build a salary negotiation map: appreciation, enthusiasm, rationale, specific request, pause, and fallback terms. Do not recommend bluffing. Inputs: [PASTE].

Quality check: The request is supported by role value, not personal expenses.

99. Prepare non-salary requests

Prioritize meaningful terms.

Given that base salary may be fixed, rank these possible requests by value to me and likely employer feasibility: [LIST]. Create concise scripts for the top three and identify tradeoffs. Context: [PASTE].

Quality check: Requests are specific and material to my decision.

100. Make a decision under uncertainty

Avoid choosing from excitement alone.

Help me compare [OFFER/ROLE A] and [OFFER/ROLE B]. Ask me to assign weights, score evidence, list unknowns, run best/base/worst scenarios, and identify reversible versus irreversible factors. Do not choose until assumptions are visible. Details: [PASTE].

Quality check: The decision process includes risk and life fit, not only salary.

Prompt Improvement Checklist

- State the role, level, interview stage, and exact output.
- Supply verified context instead of asking the AI to guess.
- Tell it not to invent numbers, employers, credentials, or findings.
- Require assumptions and uncertainty to be labeled.
- Ask for questions when information is missing.
- Request a bullet map before polished language.
- Specify time or length limits.
- Ask for a rubric and one highest-impact repair.
- Verify current facts and preserve confidentiality.
- Read the result aloud and replace language that does not sound like you.

Final rule

AI can organize, simulate, critique, and question. You remain responsible for truth, privacy, judgment, and performance.