

Buddy Prompt Pack

50 everyday AI prompts for work, school, money, food and life.

From Nova Buddy AI - your everyday AI assistant.

How to use: copy any prompt into Nova (or any AI chat), fill in the [brackets], and read the tip underneath. Each prompt is tested to get a useful answer on the first try.

novabuddyai.netlify.app

Work & Career

1. The Interview Prep

"Act as a hiring manager for [job title] at a company like [company type]. Ask me the 5 hardest interview questions for this role, one at a time, and after each of my answers, tell me what a strong answer would include."

Tip: Replace the brackets, then answer out loud like a real interview.

2. The Resume Bullet Fixer

"Rewrite these resume bullets to start with strong action verbs and add measurable results where I give you numbers. Keep each bullet under two lines: [paste bullets]"

Tip: Pair it with Nova's Resume Builder tool for a full pass.

3. The Difficult Email

"Write a polite but firm email to [person] about [situation]. I want to sound professional, not angry. Give me a short version and a detailed version."

Tip: Send the short one. Short almost always wins.

4. The Meeting Summarizer

"Turn these messy meeting notes into: 3 decisions made, action items with owners, and open questions. Notes: [paste notes]"

Tip: Works on voice-typed rambling notes too.

5. The Salary Script

"Give me a word-for-word script to ask my manager for a raise, based on these wins: [list wins]. Include a calm response if they say 'not right now.'"

Tip: Practise it once out loud before the meeting.

6. The Cover Letter in My Voice

"Write a cover letter for [job] using this job posting and my resume. Match my tone: direct and friendly, no buzzwords. Posting: [paste] Resume: [paste]"

Tip: Read it aloud - if it doesn't sound like you, ask Nova to 'make it sound more like me.'

7. The LinkedIn Glow-Up

"Rewrite my LinkedIn headline and About section to sound confident and specific. My experience: [paste]. Give me 3 headline options."

Tip: Specific beats impressive. Numbers help.

8. The Side-Hustle Brainstorm

"I have these skills: [skills], about [hours] hours a week, and I live in [city]. Give me 10 realistic side-income ideas with first steps and honest startup costs."

Tip: Ask for the 3 cheapest to start if money is tight.

9. The Tough Feedback

"Help me give constructive feedback to a coworker about [issue]. Write it using the situation-behaviour-impact format, firm but kind."

Tip: Deliver feedback about the work, never the person.

10. The Weekly Plan

"It's Monday. Here are my tasks: [paste list]. Sort them into must-do, should-do, and can-wait, then build a realistic plan for the week - include breaks."

Tip: Re-run it Friday with what's left. No guilt, just re-plan.

School & Study

11. The Explain-It-Like-I'm-12

"Explain [topic] like I'm 12 years old, with one real-life example. Then quiz me with 3 questions to check I got it."

Tip: If you can explain it simply, you know it.

12. The Study Plan

"I have an exam on [date] covering [topics]. Build me a day-by-day study plan I can actually stick to, 1 hour a day, with rest days."

Tip: Short daily sessions beat one giant cram.

13. The Essay Outliner

"Help me outline an essay on [topic]. Give me a thesis statement, 3 main points, and one counterargument I should answer."

Tip: Outline first - writing gets twice as fast.

14. The Flashcard Maker

"Turn this text into 15 flashcards in Q/A format I can copy into a flashcard app: [paste text]"

Tip: Review them right before sleep - memory consolidates overnight.

15. The Math Walkthrough

"Solve this problem step by step and explain WHY each step works, like a patient tutor: [problem]. Then give me a similar one to try."

Tip: Always ask for a practice twin - that's where learning happens.

16. The Source Finder

"I need reliable sources about [topic] for a school project. Tell me what kinds of sources to look for, 5 search terms to use, and red flags for bad sources."

Tip: Nova can't browse for you - but it can aim your search.

17. The Presentation Builder

"Build me a 5-slide presentation outline on [topic]: a hook, 3 key points with a simple example each, and a strong closing line."

Tip: One idea per slide. Big text. Few words.

18. The Grammar Coach

"Check this paragraph for grammar and clarity. Show me each fix and explain the rule in one line so I learn it: [paste text]"

Tip: Ask 'make it sound more natural' for a second pass.

19. The Exam Predictor

"Based on these course topics: [list], predict the 10 most likely exam questions and give me a one-line hint for each answer."

Tip: Study the hints, not just the questions.

20. The Deadline Rescuer

"My assignment on [topic] is due tomorrow and I haven't started. Give me a 3-hour rescue plan and a simple

structure I can fill in fast."

Tip: Done and simple beats perfect and late.

Money & Life Admin

21. The Budget Builder

"My monthly take-home pay is [amount]. My bills are: [list]. Build me a simple budget with room for savings, and flag anything that looks too high."

Tip: Ask Nova to find 'one bill to shrink' for a quick win.

22. The Debt Payoff Plan

"I owe: [list debts with balances and rates]. I can pay [amount]/month extra. Show me the fastest payoff order and when I'll be debt-free."

Tip: Smallest-first feels great; highest-rate-first is cheapest. Ask for both.

23. The Grocery Saver

"Here's my grocery list: [paste]. Suggest cheaper swaps, what to buy in bulk, and what to skip - aim to save 20% without eating worse."

Tip: Store brands are the easiest 20% you'll ever find.

24. The Bill Negotiator

"Write me a script to call [internet/phone company] and ask for a lower rate. Include what to say if they offer a small discount first."

Tip: Polite + mention a competitor's price = results.

25. The Subscription Audit

"List questions to help me audit my subscriptions, then I'll answer them and you tell me which ones to cut and how much I'd save per year."

Tip: The average person forgets 2-3 paid subscriptions.

26. The Big Purchase Check

"I want to buy [item] for [price]. My income is [amount]. Ask me the questions a smart friend would, then give me a straight yes/wait/no."

Tip: Sleep on any 'buy' answer over \$200. Always.

27. The Tax Season Helper

"I'm in Canada and do my own taxes. Give me a checklist of slips and receipts to gather, and common deductions people in [job type] forget."

Tip: Nova isn't a tax pro - but a checklist prevents expensive misses.

28. The Moving Checklist

"I'm moving on [date] to a new apartment. Build me a week-by-week checklist: packing, address changes, utilities, and first-night essentials."

Tip: Label boxes by room AND contents. Future you says thanks.

29. The Insurance Decoder

"Explain this insurance/coverage text in plain language - what it covers, what it doesn't, and anything sneaky: [paste text]"

Tip: Ask 'what would this NOT pay for?' - the most important question.

30. The Goal Saver

"I want to save [amount] by [date] for [goal]. Break it into weekly amounts and give me 5 painless ways to find that money."

Tip: Automate it on payday, even if it's small.

Food & Health

31. The 5-Day Dinner Plan

"Plan 5 weeknight dinners for [number] people, budget about [amount], no [dislikes/allergies]. Give me one combined grocery list."

Tip: Nova's Meal Planner tool does this in one tap too.

32. The Fridge Clean-Out

"I have these ingredients: [list]. Give me 3 meals I can make tonight, pick the easiest, and write its recipe step by step."

Tip: The best meal is the one that uses what's already paid for.

33. The Recipe Simplifier

"Rewrite this recipe with fewer steps, common substitutions for anything unusual, and total time: [paste recipe]"

Tip: Ask for a one-pot version when dishes scare you.

34. The Healthy Swap List

"I eat a lot of: [foods]. Suggest healthier swaps that still taste good, and be honest about which swaps are barely worth it."

Tip: Swap one thing at a time or you'll quit by Friday.

35. The Meal Prep Sunday

"Give me a 2-hour Sunday meal-prep plan: 3 big-batch dishes, storage tips, and how to mix them into different lunches all week."

Tip: Cook once, eat five times.

36. The Sleep Reset

"I fall asleep late and wake up tired. Build me a gentle 7-day wind-down routine with a target bedtime and morning light tips."

Tip: Consistency beats perfection - same wake time daily.

37. The Walking Plan

"I'm starting from zero. Build me a 4-week walking plan that grows from 10 minutes to 30, and make it feel encouraging, not bossy."

Tip: Attach walks to something you already do - coffee, calls, the dog.

38. The Doctor Visit Prep

"I have a doctor's appointment about [concern]. Help me write a one-page summary: symptoms, when they started, meds, and my top 3 questions."

Tip: Doctors love this page. Bring it printed or on your phone.

39. The Party Menu

"I'm hosting [number] people with [budget]. One guest is vegetarian, one can't do gluten. Plan a menu everyone can eat from the same table."

Tip: One shared menu beats cooking three separate meals.

40. The Lunchbox Rotator

"Give me 10 packable lunch ideas that aren't sandwiches, under 10 minutes each, with a shopping list for the week."

Tip: Rotate 5 favourites twice - decisions are the tiring part.

Writing & Social

41. The Birthday Message

"Write a birthday message for my [relation - friend/mom/coworker] named [name]. Funny but sweet, 3-4 lines, no generic quotes."

Tip: Mention one real memory and it beats any card.

42. The Apology That Lands

"Help me apologize to [person] about [what happened]. Sincere, takes responsibility, no excuses, and short."

Tip: Short and owned beats long and explained.

43. The Dating Profile

"Write my dating profile bio: I'm [age], into [interests], looking for [what]. Make it warm and a little funny - no clichés like 'fluent in sarcasm.'"

Tip: Specific hobbies start conversations; adjectives don't.

44. The Caption Writer

"Write 5 Instagram/TikTok caption options for a post about [topic]. Mix: one funny, one heartfelt, one short and punchy. Add 5 hashtags."

Tip: Post the punchy one. Short captions get read.

45. The Tough Text Reply

"Someone texted me: '[paste text]'. I feel [emotion]. Give me 3 reply options: calm, firm, and kind - and tell me which you'd send."

Tip: Wait 10 minutes before sending the firm one. Always.

46. The Thank-You Note

"Write a thank-you note to [person] for [gift/help]. Warm, specific, and under 100 words."

Tip: Send it within 48 hours - gratitude expires fast.

47. The Story Starter

"Give me a story opening about [topic/character] with a hook in the first two lines, then 3 directions the story could go."

Tip: Great for journaling, kids' bedtime stories, and creators.

48. The Speech in 60 Seconds

"Write a 60-second toast for [occasion] honouring [name]. One funny line, one sincere line, strong finish."

Tip: Practise it twice. Toasts die from mumbling, not wording.

49. The Name Brainstorm

"I need name ideas for [business/baby/pet/project]. Style: [style]. Give me 20 options grouped by vibe, with your top 3 marked."

Tip: Say them out loud - names live in the ear, not on paper.

50. The Post-Polisher

"Polish this social post - fix the flow, keep my voice, make the first line a hook: [paste post]. Show me before/after."

Tip: The first line is the whole game on social.