

BEAT THE BOTS · LAND THE JOB

9

The Prompt Pack

9 copy-paste AI prompts that take you from a silent inbox to a signed offer. No fluff. Just paste, tweak, send.

COMPILED BY

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How to use this pack

- 1 Open Claude** (claude.ai; the free tier is fine for everything except Prompt 4).
- 2 Upload your resume + the job description** you're targeting. Real files, not a summary.
- 3 Paste the prompts in order, in one chat.** Prompts 1→3 build on each other, so keep them together per job.
- 4 Fill in the [BRACKETS]** with your role, company, location, and real numbers before you send anything.
- 5 Edit before you submit.** Review every line, replace every [FILL IN], make it sound like you.

THE ONLY RULE

Claude gives you the structure; you provide the substance. Never submit a number or claim you can't back up. Review everything before it goes to a real employer.

The 9 prompts

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Resume Audit

Find out exactly where you stand before you change a word.

PASTE INTO CLAUDE

WITH RESUME + JOB DESCRIPTION

Act as a senior recruiter for this exact company.
Analyze my resume against this job description.

Give me:

1. A match score out of 100
2. The top 5 missing keywords that the ATS will be scanning for
3. The 3 red flags a hiring manager would spot in under 10 seconds
4. Which sections are strong and why
5. Which sections are weak and why
6. How my resume compares to what a strong candidate for this role would look like

Be brutally honest. I would rather fix problems now than get ghosted later.

WHEN

Step one for every job. Always before rewriting.

KEEP THIS LINE

"Be brutally honest" unlocks the real feedback.

USE THE OUTPUT

The missing keywords feed straight into Prompt 2.

Experience Rewrite

Turn duties into results with the Google XYZ formula: accomplished [X] measured by [Y] by doing [Z].

SAME CHAT AS PROMPT 1

KEEPS THE AUDIT IN CONTEXT

Rewrite my experience section using these rules:

1. Naturally include the missing keywords you identified, but do NOT force them in. They should feel like a normal part of each bullet.
2. Remove or fix every red flag you flagged.
3. Use the Google XYZ formula for every bullet: "Accomplished [X] as measured by [Y] by doing [Z]"
4. Start every bullet with a strong action verb. Never use "Responsible for" or "Helped with".
5. Add specific numbers wherever possible. If I did not provide numbers, suggest realistic placeholders I can fill in later and mark them with [FILL IN].
6. Keep each bullet to 1-2 lines max. Hiring managers skim. Dense paragraphs get skipped.
7. Order bullets by impact, not chronology. The most impressive result goes first.

WATCH OUT

Replace every [FILL IN] with a REAL number you can defend.

STUCK FOR METRICS?

Ask: "Interview me with 5 questions to uncover quantifiable results."

ATS & Hiring-Manager Test

Make Claude play both gatekeepers, then hand you the finished resume.

SAME CHAT

PRODUCES YOUR FINAL VERSION

Now act as two different people:

FIRST: Act as an ATS filter. Scan my new resume and tell me:

- Would it pass the ATS for this job? (Yes/No)
- Which keywords are now present and which are still missing?
- Any formatting issues that would confuse an ATS parser? (tables, columns, headers, special characters, images)

SECOND: Act as a hiring manager who is reading 200 resumes in one sitting. Scan my resume and tell me:

- Which sections would you skip? Why?
- What makes you stop scrolling (good or bad)?
- Would you put this in the "yes" pile, "maybe" pile, or "no" pile for this role?
- Rewrite any sections that would get skipped so they actually stop the scroll.

Give me the final version of my resume after all fixes are applied.

THEN

Ask Claude to re-run the audit and watch the score jump.

EXPORT

"Output the final resume as one clean artifact I can download."

BEFORE SUBMIT

Fill placeholders, simplify formatting, read it aloud once.

4 APPLYING AT SCALE

Auto-Apply with Cowork

Have Claude find and apply to matching jobs, reviewing each one with you first.

NEEDS CLAUDE PRO + COWORK + CHROME EXTENSION

LOGGED INTO LINKEDIN

Now that my resume is optimized, go to LinkedIn and do the following:

1. Search for [JOB TITLE] roles in [LOCATION] posted in the last [7/14/30] days.
2. Filter for jobs where my resume is at least a 70% match based on the skills and experience listed in the job description.
3. Pick the top 10 jobs I have the highest chance of landing an interview for.
4. For each job:
 - Read the full job description
 - Customize my resume summary and key bullets to match that specific role
 - Write a short cover note (3 sentences max) that references something specific about the company
 - Submit the application through LinkedIn
5. After all 10 are submitted, send me a summary:
 - Company name + job title, Match score
 - What you customized for each
 - Application status (submitted / draft)

Pause before submitting each application and show me the customized version first.

NON-NEGOTIABLE

Keep "pause before submitting." Every app goes out as YOU, so review each one.

NO PRO?

Run it manually: let Claude draft 1-4, then you paste & submit.

30-Second Cover Letter

Targeted, specific, under 250 words, with your weakness reframed instead of hidden.

SAME CHAT AS YOUR RESUME WORK

Write me a cover letter for this job using my resume and the job description you already have.

Rules:

1. Open with one sentence that shows I understand their biggest current problem (use the job description as the clue)
2. Second paragraph: 2-3 specific examples from my resume that map directly to what they need
3. Third paragraph: Address one obvious gap or weakness head-on, and reframe it
4. Close with one specific reason I want to work at THIS company, not just any company

Tone: Confident, direct, no fluff, no buzzwords.

Length: Under 250 words.

Do NOT sound like AI wrote it.

THE SECRET

Paragraph 3: naming the gap first shows confidence and self-awareness.

THEN

Read it aloud; add one true detail no AI could know.

LinkedIn Profile Optimizer

Make recruiters find you, optimized for the keywords they actually search.

PASTE INTO CLAUDE

Rewrite my LinkedIn profile to attract recruiters for [TARGET ROLE] roles.

1. HEADLINE

- 3 versions, each under 220 characters
- Use keywords recruiters actually search for
- Show outcome and specialty, not just title

2. ABOUT SECTION

- First sentence has to hook. No "I am a passionate..."
- 3 short paragraphs max
- End with a clear call to action (what kinds of roles or conversations I am open to)

3. EXPERIENCE BULLETS

- Same XYZ formula from my resume, but more conversational
- Add 1 line per role about what I learned, not just what I did

4. SKILLS SECTION

- Top 5 skills to pin, in priority order from most searchable to least

5. FEATURED SECTION

- Suggest 2-3 things to add (articles, projects, media) that make a recruiter look closer

HIGHEST LEVERAGE

The headline. "Growth Marketer | Scaled pipeline \$2M→\$14M" beats "Marketing Manager."

7 WINNING THE OFFER

Interview Prep System

Company research, predicted questions, and a live mock interview, all in one prompt.

FILL IN ROLE, COMPANY, DATE

I have an interview for [ROLE] at [COMPANY] on [DATE]. Help me prep.

COMPANY RESEARCH

1-page brief on: what they do & how they make money; biggest current challenge or opportunity; main competitors & differentiation; culture and values.

PREDICTED QUESTIONS

Predict the top 10 questions they will ask (behavioral, technical, situational). For each: why they ask it; a strong 60-90 second answer using a story from my resume; the one trap to avoid.

QUESTIONS I SHOULD ASK THEM

5 questions that show I understand their business. Not generic "typical day" stuff. Questions that make them think "this person gets it."

MOCK INTERVIEW

After I review the above, run a 15-minute mock interview. Ask me the top 5 questions one at a time. After each answer, give feedback on what was strong and what to fix.

THE MAGIC

The mock interview. Answer out loud, get feedback, repeat.

VERIFY

Fact-check the company brief before you cite it.

Follow-Up Email Sequence

The three emails that keep you top of mind. Most candidates send zero.

FILL IN ROLE + COMPANY

Write me 3 follow-up emails for my application to [ROLE] at [COMPANY].

1. POST-APPLICATION (3 days after applying)
 - Short, confident, references one specific detail from the job post
 - Restates fit in 1 sentence. Under 60 words total.
2. POST-INTERVIEW (within 24 hours)
 - Thank them by name; reference one specific moment from the conversation
 - Reinforce the strongest example I gave. Under 100 words total.
3. THE NUDGE (7 days after interview, no response)
 - Polite, not desperate; add a piece of value (article, insight, thought)
 - Give them an easy out: "If the timeline has shifted, totally understand". Under 80 words.

Tone for all: Confident, not desperate. Specific, not generic. Human, not template-y.

NON-NEGOTIABLE

The 24-hour thank-you. Highest-return email in the process.

PRINCIPLE

Add value; never just "checking in."

Salary Negotiation Script

Market data, an email script, a phone script, and a walk-away line. Worth thousands.

FILL IN THE OFFER DETAILS

I just got an offer for [ROLE] at [COMPANY]. The offer is [BASE + BONUS + EQUITY + BENEFITS]. Help me negotiate.

1. MARKET ANALYSIS

- Salary data for this exact role, level, company, location
- Where this offer falls (below / at / above market)
- A specific counter-offer number with reasoning

2. EMAIL SCRIPT

- The exact email to send to counter: genuine excitement, reference market data without being adversarial, ask for a specific number (not a range)

3. PHONE CALL SCRIPT

- Exact words for: opening; stating my counter; handling "this is the best we can do"; negotiating non-salary items if base is firm (signing bonus, PTO, remote, start date)

4. WALK-AWAY ANALYSIS

- At what number should I accept? Walk away?
- What non-monetary factors could make a lower offer worth taking?

GOLDEN RULE

Never name a number first. Deflect: "What's the budgeted range for this role?"

VERIFY

Cross-check the salary data before you counter.

THE ONE TRICK BEHIND IT ALL

Before & After: the XYZ formula

Every "after" leads with an outcome, includes a number, and starts with a strong verb. Copy the shape, not the numbers.

BEFORE

Managed a team of 5 engineers.

AFTER

Reduced deployment time 40% (weekly release velocity) by restructuring 5 engineers into cross-functional pods.

BEFORE

Responsible for answering customer support tickets.

AFTER

Resolved 50+ daily tickets at 96% satisfaction by building a response library that cut handle time 30%.

BEFORE

Helped with sales and hit my targets.

AFTER

Drove \$480K in new revenue (122% of quota) by rebuilding the outbound cadence around the top 20% of accounts.

BEFORE

Managed the company's social media accounts.

AFTER

Grew social following 4K→31K in 9 months by launching a weekly video series, generating 1,200 inbound leads.

BEFORE

Did a marketing internship over the summer.

AFTER

Lifted newsletter open rates 18%→29% in a 10-week internship by A/B testing subject lines across 12 sends.

HONESTY CHECK

These numbers are examples. Use your own true results, or an honest estimate you could defend in an interview. Never invent a metric.

That's the whole system.

Nine prompts, one continuous chat per job, and your own real numbers. Run it, edit it, make it yours, then pass it to the next friend who's done getting ghosted.

Go get it.
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