

NURSE AI MADE EASY

The Nurse Prompt Pack

10 copy-paste ChatGPT prompts

for your money, meals, shifts, and school

You figured out how the human body works.

AI is easier.

How to use this pack

1. Copy the prompt.

Every prompt sits in a teal box. Copy the whole thing, word for word.

2. Fill in your blanks.

Anything in [brackets] is yours to fill. Your specialty, your shifts, your real life.

3. Paste it into ChatGPT.

The free app is fine. Phone is fine. The break room at 3am is fine.

4. Push back.

If the answer doesn't fit your life, say so. "Make it simpler." "I don't have that." "Too ambitious." It gets better every single time.

One rule: never paste patient information into ChatGPT. Not names, not details, not "hypothetically." These prompts are for YOUR life. Keep it that way.

The Fridge Photo

Dinner from what you already have

COPY THIS, WORD FOR WORD:

I'm uploading a photo of what's in my fridge. Build me 3 meals I can make right now with only what's actually in there, fastest one first. I'm a nurse just home from a 12, so keep it simple.

Make it yours:

Same photo, new trick: "Build next week's grocery list: only what's missing to turn this into 5 real dinners."

If the answer doesn't fit your life, push back. It gets better every time.

The Week of Dinners

Five dinners, one grocery list, done

COPY THIS, WORD FOR WORD:

Plan 5 simple dinners a tired nurse can make in under 20 minutes, easy to reheat or grab and go, then give me one grocery list for all five. That's the whole week.

Make it yours:

Just walked in from a 12? Ask for the 12 minute version of tonight's dinner using what you already have.

If the answer doesn't fit your life, push back. It gets better every time.

The Real Budget

Built for irregular nurse income

COPY THIS, WORD FOR WORD:

I want to set up a budget that actually works for a nurse with an irregular income. Ask me about my pay structure, fixed expenses, variable spending, and goals before you build anything. One question at a time. I want a monthly budget I can realistically stick to.

Make it yours:

Upload a screenshot of last month's statement and say "categorize my spending and flag anything that looks like a forgotten subscription."

If the answer doesn't fit your life, push back. It gets better every time.

Know Your Worth

Walk in with data, not a feeling

COPY THIS, WORD FOR WORD:

I'm a registered nurse and I want to understand my market value before my next salary conversation. I have [X years] in [specialty] in [city] and hold [certifications]. Give me a realistic salary range, what puts me at the top of it, and what to say when asked about salary expectations.

Make it yours:

Interview coming up? Say: "Act as my interview coach. Run the likely questions, grade my answers honestly, and build my STAR stories with me."

If the answer doesn't fit your life, push back. It gets better every time.

The Night Shift Wind-Down

Teach your body it's safe to sleep

COPY THIS, WORD FOR WORD:

I'm a night shift nurse. I work three 12s and get home around 8am. Build me a complete post-shift wind-down routine, the full window from walking in the door to getting into bed. What to eat, what to avoid, and how to quiet the mental noise so my body knows it's safe to rest.

Make it yours:

Rotating days to nights? Ask for a flip plan with light, caffeine, and nap timing.

If the answer doesn't fit your life, push back. It gets better every time.

The Brain Sheet Builder

A system that fits how YOU work

COPY THIS, WORD FOR WORD:

I'm a [specialty] nurse with [number] patients on [length] shifts. The things that eat the most time or feel most disorganized are [describe]. Build me a brain sheet and shift organization system that fits the way I actually work. Practical and specific to my unit, not a generic template.

Make it yours:

Floating to a strange unit? Ask for a one page float sheet plus the three clarifying questions to ask at handoff.

If the answer doesn't fit your life, push back. It gets better every time.

The Study Schedule That Survives Shifts

Realistic, not optimistic

COPY THIS, WORD FOR WORD:

I need a study schedule for this week. My shifts: [list]. My deadlines: [list]. I can realistically study about [hours].

Build a plan that fits around my shifts, prioritizes by deadline, and accounts for less mental energy on work days. Be realistic, not optimistic.

Make it yours:

Exam? Say: "Quiz me NCLEX-style on [topic], 10 questions one at a time, explain every answer, then tell me what to review."

If the answer doesn't fit your life, push back. It gets better every time.

The Days-Off Plan

Get your life back from the chaos

COPY THIS, WORD FOR WORD:

Here are my days off this week: [list]. Here's what I need to get done: [list]. I worked back to back shifts on [days] so my energy on [day] will be low. Build me a realistic plan that works around my energy and gets the important things done without overwhelming me.

Make it yours:

Dreaded email? Say: "Write an email to [who] about [situation]. The outcome I want is [ask]. Tone: firm but professional." Send it today.

If the answer doesn't fit your life, push back. It gets better every time.

The First Prompt

Let ChatGPT get to know you

COPY THIS, WORD FOR WORD:

I'm a nurse and I'm brand new to using AI. I want ChatGPT to help me manage my life outside of work: budgeting, meals, my career, feeling less overwhelmed. Get to know me so you can give me useful, personalized help instead of generic advice. Ask me questions one at a time. Start with the most important one. Don't give me a list. Ask one thing, wait for my answer, then ask the next.

Make it yours:

Commute trick: open voice mode on the drive home and say this out loud. Same prompt, hands free.

If the answer doesn't fit your life, push back. It gets better every time.

The One-Sentence Upgrade

The trick that fixes every prompt

COPY THIS, WORD FOR WORD:

I am a [your specialty] nurse. I work [your shift]. I have [how much time]. [Now ask your real question.]

Make it yours:

That first sentence is the whole trick. ChatGPT stops answering for a generic person and starts answering for you. If the answer misses, push back. It gets better every time.

If the answer doesn't fit your life, push back. It gets better every time.

These 10 prompts are page one.

Nurse AI Made Easy: The AI Playbook is the whole system.

Nine chapters. 122 pages. 50+ copy-paste prompts.

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