



Ready For Anything

*Stay calm and a step ahead
when life throws a curveball.*

10 prompts to build your family plan, protect your papers, pack a kit, keep the right reflex on the day and bounce back after a mishap, with nothing to install.

Free for the SYSTINFO community



GOOD TO KNOW

Ready before, calm during.

An emergency always surprises you, but it can be prepared for. Power cut, lost papers, water damage, a small accident: the people who cope best are the ones who had a simple plan. In 2026, AI helps anyone build that plan in minutes, keep it up to date and find the right move at the right time. One golden rule remains.

- **AI does not replace emergency services**

In immediate danger, call your country's emergency numbers first. AI prepares and explains, it does not step in.

- **It does not know your situation**

Give it your region, your household and your constraints, or its advice stays vague and poorly suited to you.

- **Your sensitive data stays private**

No ID numbers or passwords in the AI. Describe without copying, and keep the real documents safely stored.

The right habit: let AI build the plan, you keep the final word and the right number close.

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THE METHOD

Ten prompts, five steps.

No technical skill required. These 10 prompts walk you from prep to recovery: take stock, protect your papers, build your family plan, keep a cool head on the day, then bounce back. Just adapt the brackets to your case.

*Every prompt follows the same recipe: Role, Context, Task, Format.
Copy the structure, change the brackets.*

01 **Take stock**

· 2 prompts

02 **Protect your papers**

· 2 prompts

03 **Build your family plan**

· 2 prompts

04 **Keep a cool head**

· 2 prompts

05 **Bounce back**

· 2 prompts



Your Risk Map

PROMPT TO COPY

Role: you are a prevention adviser who thinks in priorities.

Context: I live in [city or region], in a [house or flat], with [household makeup].

Task: help me list the realistic emergencies for my situation and rank them.

Format: a table (risk, likelihood, first prep step), from most useful to least urgent.

What you get

A clear view of your real risks. You prepare what matters for you, without scattering your effort or panicking.



The Contacts That Count

PROMPT TO COPY

Role: you are an assistant who sorts the essentials.

Context: in an emergency, I waste time hunting for the right numbers and the right people.

Task: help me build a sheet of contacts and key info to keep on me and at home.

Format: a list by theme (emergency, family, insurance, neighbours, admin), ready to print and share.

What you get

The right numbers at hand. You save precious minutes when every second counts.



Your Papers, Protected

PROMPT TO COPY

Role: you are an archivist who secures important documents.

Context: I don't know which papers to back up or how to keep them safe.

Task: help me list my essential documents and decide where to store copies and originals.

Format: a checklist by family (identity, home, insurance, health, finances), with a suggested copy location.

What you get

Nothing irreplaceable left. Even after a loss or a disaster, you find a copy in seconds.



The Digital Vault

PROMPT TO COPY

Role: you are a guide who organises digital copies you can reach anywhere.

Context: I want to reach my important documents even when I'm away from home.

Task: explain, step by step, how to scan, name and store my copies safely.

Format: a simple method (folders, clear names, backup, protected access), with no jargon.

What you get

Your papers follow you. From a borrowed phone, you reach the essentials without digging.



Your Family Plan

PROMPT TO COPY

Role: you are a coordinator who builds simple, clear plans.

Context: my family doesn't know what to do if we get separated or the network goes down.

Task: help me write a short plan everyone understands, children included.

Format: who does what, a meeting point, how to reconnect, all on a single page.

What you get

Everyone knows their part. Instead of panic, your family follows a plan rehearsed in advance.



Your Emergency Kit

PROMPT TO COPY

Role: you are a planner who tailors a kit to real life.

Context: I want a useful emergency kit for [my household], without overspending or hoarding.

Task: suggest a realistic list suited to my region and my budget.

Format: three levels (essential, useful, comfort), with quantities for the number of people.

What you get

A kit ready and right-sized. You hold out for several days without rushing the shops at the wrong time.



The Right Reflex

PROMPT TO COPY

Role: you are a trainer who explains first steps with care.

Context: facing [a situation: outage, leak, small accident], I don't know where to start.

Task: explain the simple first steps and, above all, who to call first.

Format: a short ordered list, with the emergency number to dial first right at the top.

What you get

The right move, in order. You act calmly and call for help without losing time.



Reliable Info Under Pressure

PROMPT TO COPY

Role: you are a fact-checker who separates truth from rumour.

Context: during an emergency, I get alarming messages and don't know who to believe.

Task: help me spot a false alert or a scam that preys on panic.

Format: five warning signs and the official sources to check before passing anything on.

What you get

No needless panic. You pass on only safe info and dodge the scams of the moment.



The Steps After

PROMPT TO COPY

Role: you are an assistant who maps out the steps after an incident.

Context: after [a disaster, a theft, a loss], I have claims to file and I get lost.

Task: help me list the steps in order and the documents to gather.

Format: a roadmap (report, insurance, replacing papers), with a deadline per step.

What you get

Nothing forgotten. You move through the steps without stress and recover your rights faster.



Your Recovery Plan

PROMPT TO COPY

Role: you are a coach who helps you rebound and learn.

Context: the emergency is over and I want to get back to normal and prepare better.

Task: help me build a recovery plan and update my preparation.

Format: three priorities for this week, and two things to change in my plan and my kit.

What you get

Stronger than before. You restart on solid ground and the next surprise finds you ready.



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