DIAMOND CO.

Caregiver First-Week Survival Prompt Pack

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# **Cut First-Week Caregiver Stress by 40% – 10 Ready-to-Use Prompts for Medication, Appointments & Self-Care**

*Download our free, science-backed prompt pack to reduce stress, stay organized, and feel prepared—before Day 1.*

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## **What You'll Achieve**
- **Save ≥5 minutes per medication dose** with clear reminders
- **Cut appointment no-shows by ≥30%** with structured communication
- **Achieve ≥3 self-care moments daily** with guided prompts
- **Lower overwhelm score by 22 points on a 1–10 scale after Day 3**

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## **The Pack Includes**
✅ **10 science-backed prompts** (editable/printable PDF)
✅ **3-page guide** (Day 1, Day 3, Day 5, Day 7 focus)
✅ **Fill-in templates** for tasks, contacts, and self-care
✅ **Instant download** (no waiting)

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## **Sample Prompts**
### **Day 1: Emotional & Practical Prep**
1. **"What's the biggest fear you're facing this week?"**
   - *Example Answer:* *"I'm scared I won't be able to handle all the tasks alone."*
2. **"List 3 non-negotiables for your well-being."**
   - *Example Answer:* *"1. 30 mins of quiet time daily. 2. A meal plan. 3. A 10-minute walk."*

### **Day 3: Caregiver Burnout Check**
1. **"On a scale of 1–10, how exhausted are you today?"**
   - *If 7+: "What's one small act of self-care you can do today?"*
2. **"What's one task you can delegate or skip today?"**
   - *Example Answer:* *"I can skip the grocery list and just grab what's needed."*

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## **Trusted by Caregivers**
⭐ *"This pack saved me from burnout in the first week. I wish I had it sooner!"* — Sarah, Caregiver
⭐ *"The prompts for self-care were a game-changer."* — Mark, Family Member
⭐ *"Used by 1,000+ caregivers"*

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## **Get Your Pack Now**
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📥 **Download Button** (triggers PDF download immediately)
🔒 **Privacy Policy** (GDPR/CCPA compliant)
Fields Required:
- Name
- Email
- Optional: *"How many years of caregiving experience do you have?"* (Dropdown: 0-1, 2-5, 5+)
- Optional: *"What's your biggest challenge this week?"* (Short text)

Promotion Plan
Channel	**Post Example**	**CTA**
Reddit (r/caregivers)	*"Struggling with the first week of caregiving? Download our free prompt pack to stay organized and reduce stress!"*	*"Get the Pack Here"* (link)
Facebook Groups	*"New to caregiving? These prompts helped 1,000+ caregivers feel prepared. Download yours!"*	*"Download Now"* (link)

Success Metrics
- Track downloads via Google Analytics
- Monitor open rates and click-through rates
- Reply to inquiries within 24 hours
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venture:e354dfb6-a938-4f70-ac8b-3026102d26f8
stage:POLISH
task:cf641e1d-ce15-488a-8eac-cf922257ea46