

FR-34 · Future Ready · AI Move of the Day

Salary Negotiation Challenge

Most people are scared to talk money.
Practise it here first. Use AI as your future
boss, ask for a fair starting salary, handle
pushback, and get feedback.

Start the challenge

Build my prompt

CHALLENGE PROGRESS

0 XP

Level 1: Money Talk Rookie

Choose a role

Start AI roleplay

State number + reason

Handle pushback

Get feedback

Write your real line

Practice only

This is a general conversation-practice activity, not personalised financial advice. Use a pretend role and a practice salary range. Do not share real offer letters, private financial details, family income, phone number, address, or documents.

The goal is simple: learn to say a number calmly and give a reason without sounding rude or scared.

1 Choose the role you want to practise for

Pick a future starter role in India. Keep it realistic and beginner-level.

Examples: junior designer, software developer, marketing associate, data analyst, teacher, sales trainee, finance associate, lab technician, hotel management trainee, operations executive.

Role I want to practise for

Example: junior data analyst

Feedback style

Kind but honest



Tech

Design

Marketing

Finance

Teaching

Healthcare

Operations

THOUGHT BULB

Negotiation is not fighting. It is a professional conversation about value, fit, and fairness.

☐

I chose a role for the salary negotiation practice.

2

Start the AI roleplay

Open Claude, ChatGPT, or Gemini. Paste the prompt below.

This prompt asks AI to act as a future boss, push back a little, and give feedback after the practice.

YOUR FILLED PROMPT

Act as my future boss. I'll practise asking for a fair starting salary for junior data analyst in India. Push back a little, then give me kind but honest feedback on how I did.

COPY-PASTE PROMPT

Act as my future boss. I'll practise asking for a fair starting salary for [role] in India. Push back a little, then give me feedback on how I did.

Copy my filled prompt

CAUTION BOARD

Do not use this as proof of a “correct” salary. Real pay changes by city, company, skill, market, education, and experience. Before any real negotiation, check current sources and speak to a trusted grown-up or mentor.

☐

I started the AI salary negotiation roleplay.

3 State a number and a reason

Challenge success: you said a number AND explained why.

1. Appreciation

"Thank you for the offer. I'm excited about the role."

2. Number

"I was hoping for ₹_____ per month / ₹_____ LPA."

3. Reason

"Because of my skills in _____ and the responsibilities of the role."

Boss

We are offering ₹28,000 per month for this role. Does that work for you?

You

Thank you for the offer. I'm excited about the role. Based on the responsibilities and my skills in Excel, basic SQL, and data visualisation, I was hoping we could discuss ₹34,000 per month.

SUCCESS CONDITION

You do not need to “win” the negotiation today. You win the practice when you state a number clearly and give a reason calmly.

☐ I practised saying a number and a reason.

4 Handle gentle pushback

Pushback is normal. Stay calm. Do not apologise for asking.

Boss says:

“That is above our budget.”

You can say:

“I understand. Is there flexibility if I can show relevant skills or take on additional responsibilities?”

Boss says:

“You are just starting out.”

You can say:

“That’s fair. I’m asking based on the role requirements and the skills I can already bring.”

Boss says:

Boss says:

“We can review later.”

You can say:

“Could we agree on what goals would lead to a salary review, and when that review would happen?”

“This is our final offer.”

You can say:

“Thank you for clarifying. May I take some time to consider the full offer?”

THOUGHT BULB

Good negotiation is calm. You are not begging and not attacking. You are checking whether the offer matches the role and your value.

☐

I practised responding calmly to pushback.

5

Ask for feedback on how you did

The feedback is the real training.

1

Clear?

Did you state your ask without confusing words?

2

Reasoned?

Did you give a reason linked to skill, role, or responsibility?

3

Professional?

Did you stay polite and steady when pushed back?

FEEDBACK PROMPT

Please give me feedback on my salary negotiation practice.

Tell me:

1. What I did well
2. Where I sounded unclear or nervous
3. How to make my ask stronger
4. One better version of the line I could say out loud

Copy feedback prompt

☐

I asked AI for feedback on my negotiation practice.

6 Write the one line you would actually say

Do not memorise a speech. Keep one clean line ready.

Your final line should sound like you: respectful, clear, and not robotic.

My one negotiation line

Example: Thank you for the offer. I'm excited about the role. Based on the responsibilities and my skills in _____, I was hoping we could discuss ₹_____.

REALITY CHECK

In real life, research current pay ranges and ask a mentor before negotiating. This page helps you practise the conversation, not calculate your exact salary.

☐

I wrote one clear line I would actually say.

7 Optional: make your challenge card

A small reminder of the negotiation move.

CHALLENGE CARD COPY

Title: AI Move of the Day

Challenge: Roleplay a salary negotiation with AI.

Prompt: “Act as my future boss. I’ll practise asking for a fair starting salary for [role] in India. Push back a little, then give me feedback on how I did.”

Success: You stated a number and a reason.

Closer: Write the one line you’d actually say.

☐

I made, sketched, or saved the challenge card.

Final 5-minute move

Read your one line out loud once. If it sounds too robotic, make it simpler. If it sounds too scared, make it steadier.

☐ I know this is practice only, not personalised financial advice.

☐ I did not share real offer letters or private financial details.

☐ My line includes a number and a reason.

NOTEBOOK LINE

Write this down: “The line I would actually say is: _____.”

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