

THE STORY BANK

STAR method inspired

some of our best moments have already happened

This just makes them easier to find.

A fillable two-page worksheet that breaks any story into four parts, so your best examples are ready the moment an interviewer asks.

01 · SITUATION

Where you were
and why it mattered.

02 · TASK

What was actually
yours to own.

03 · ACTION

What you did,
and how.

04 · RESULT

What changed,
and what you learned.

HOW TO USE

Fill in ten of your best stories on the next page. Use real specifics, not summaries. Names, numbers, quotes, dates when you have them. The point is retrieval, not polish.

When an interviewer asks for an example of leadership, problem-solving, or a time something went sideways, you've already done the thinking. You just read the row.

Ten stories, ready to retrieve.

One skill per row. Click any cell to type.

SKILL	SITUATION	TASK	ACTION	RESULT
Leadership <i>(example)</i>	Led a cross-functional team on a tight deadline.	Owened delivery date and team alignment.	Split into smaller tasks with clear owners.	Shipped early. Client extended contract.
Problem-solving				
Teamwork				
Adaptability				
Conflict resolution				
Time management				
Communication				
Decision-making				
Stress management				
Initiative				