atula

PRACTICE FIELDNOTES

One page. Keep your notes private.

One question. One better answer.

Speak once. Find one missing fact. Try again from short prompts, then test a different follow-up.

01 / SET THE TARGET

Role: _____ **Question:** _____

Task in the opening I want to show: _____

02 / CHOOSE THREE REAL FACTS

My own action	My decision	Observed result
What did I personally do?	Why this approach?	What do I know happened?

03 / SAY THE FIRST ANSWER ALOUD

Where did the explanation get vague or lose the question? Note the exact phrase.

04 / TEST A FOLLOW-UP

What did you do? Why that choice? What would you change? Pick one or write your own.

05 / CHANGE ONE THING, THEN TRY AGAIN

Replace this vague claim...	...with this action, choice, or observation.

06 / CHECK THE SECOND ATTEMPT

☐ Answered the question ☐ My action is clear ☐ Result is supported

Recorded interview? Use the invitation's think time, response limit, allowed takes, and deadline. A rehearsal timer is only a practice constraint.