STAR Story Worksheet

Choose one real example. Leave names and confidential details out.

Interview question

S / SITUATION

What was happening? Give only the context a listener needs.

T / TASK

What were you responsible for? Separate your role from the team's work.

A / ACTION

What did you personally do? Which decision can you explain, and why?

R / RESULT

What happened? What did you observe, and what remains unknown?

Try one follow-up aloud

What alternative did you consider, and why choose this action?

After one attempt

One unclear point:

One change for the next attempt:

A result may be modest or unmeasured. Do not invent a number.

Build an outline and continue to practice:

atula.ai/tools/star-story-builder/

An editorial practice resource. No score, assessment, or hiring prediction.