



## TELLING OUR STORIES: USING NARRATIVE FOR SELF-PROMOTION, PROFESSIONAL DEVELOPMENT, AND INFLUENCE

### Exercise: STAR Worksheet

#### Instructions:

1. Think about a specific behavioral situation you may be asked (or want) to talk about.
2. Develop a list of keywords or concepts related to each of the STAR prompts, as below.
3. Add in narrative to make it into a story. Include details such as setting (where and when), characters (who), and a timeline that illustrates the action (what you did) and result (conclusion and aftermath).

	Keywords	Narrative
Situation		
Task		
Action		
Result		

4. Read your STAR narrative out loud, and make sure you can deliver it in an appropriate conversational tone.
5. Try practicing your delivery with a supportive peer or mentor.