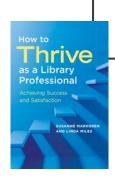
TELLING OUR STORIES: USING NARRATIVE FOR SELF-PROMOTION, PROFESSIONAL DEVELOPMENT, AND INFLUENCE



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.