



STAR Storytelling with your STRENGTHS

Think about a story you could tell that illustrates one of your Strengths.

EXAMPLE:

STRENGTHS

Positivity and Communication

SITUATION	I was working at a retail store and a high school student came in to buy his first suit for a job interview. My coworkers sent him to me because I always love working with people who need encouragement .
TASK	My job was to talk with him to help him figure out what kind of suit he could afford, given his budget, and take his measurements to make sure he got the right size and also help him feel confident .
ACTION	I had a conversation focusing on his needs and how much he could spend. I helped him get excited about the interview by telling him about my first job interview while I took his measurements.
RESULT	He went to his job interview in his new suit that fits perfectly, and he came back later to tell me he got the job and appreciated my help and that talking to me before the interview was good practice.

List your Top 5 Strengths:



Write a STAR story for each Strength or combine two:

Strength(s)	
SITUATION	
TASK	
ACTION	
RESULT	

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