

The Interview Story Bank

Five flexible stories answer almost every behavioural question. Build them once, in STAR shape, and you'll never go blank in an interview again.

STAR — the rail for any answer

- ☐ **Situation** — set the scene in one sentence. Where, when, what was at stake.
- ☐ **Task** — what you specifically needed to do.
- ☐ **Action** — what you actually did. This is the heart — spend the most time here.
- ☐ **Result** — what changed. A number, a fix, a kept customer, a lesson.

Your five stories

Name each one, jot the action and the result. You'll reshape them live to fit the question.

NAME YOUR STORY	THE ACTION YOU TOOK	THE RESULT

Match the question to a story

- ☐ "Tell me about a challenge" → a problem you solved.
- ☐ "A time you failed" → a mistake + what you changed.
- ☐ "A conflict with a coworker" → a disagreement you handled calmly.
- ☐ "Something you're proud of" → your biggest win.
- ☐ "A time you led / took initiative" → when you stepped up.
- ☐ "Tell me about yourself" → the 60-second through-line, not a story.