

My STAR method worksheet

Keywords, not sentences. Goal: 90 seconds, out loud.

S • Situation

Where, when, what was at stake. Two sentences.

T • Task

What was yours to do.

A • Action

2 or 3 actions, with your reasons. "I", not "we".

R • Result

A number or a before and after, then the lesson.

Story 1 • competency: _____

Time out loud: ____ s

Situation

Task

Actions

Result
(number)

Lesson

Story 2 • competency: _____

Time out loud: ____ s

Situation

Task

Actions

Result
(number)

Lesson

Story 3 • competency: _____

Time out loud: ____ s

Situation

Task

Actions

Result
(number)

Lesson

Story 4 · competency: _____

Time out loud: ____ s

Situation

Task

Actions

Result
(number)

Lesson

Story 5 · competency: _____

Time out loud: ____ s

Situation

Task

Actions

Result
(number)

Lesson