

STAR exercise

Use this sheet to work through some past situations you are proud of.

Situation:

What situation did you find yourself in? Briefly describe the background to the situation.

Task:

What did you have to do? Describe your responsibility. What, how and why?

Action:

What actions did you take? Describe what you actually did.

Result:

What happened as a result of your action? What would you do differently next time?

