10.3

WORKSHEET · CHAPTER 10

Interview-day plan

The plan is for the version of you with a racing heart and too little sleep.

Interview: where, when, who _____

BEFORE

- ☐ Asked about the format, who'll be there, how long, the questions beforehand, a quieter room. (No need to say why.)
- ☐ Route checked the day before, or the video link tested. Leaving early enough that late can't happen.
- ☐ Clothes that don't bother me, laid out. The pocket kit packed.

BRING

My one answer _____

Question 1 _____

Question 2 _____

IN THE ROOM, I'M ALLOWED TO

Ask for a question to be repeated. Say Let me take a moment to think about that. *Look away while I think.*

AFTER

- ☐ Recovery block booked, right after.
- ☐ Thank-you email the next day, not the same evening.

One thing that went well, before the replay runs _____

On a bad day: if it can move, ask to move it. If not, the pocket kit and your one answer.