

# A New Me – Interview Practice Worksheet

## 1. Tell Me About Yourself

Structure:

- Who you are now
- Skills you bring
- What you're looking for

Write your answer below:

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## 2. Why Should We Hire You?

Focus on reliability, work ethic, and attitude.

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## 3. Talking About Your Record (If Asked)

Keep it short, honest, and focused on growth.

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## 4. My Strengths

Strength 1: \_\_\_\_\_

Strength 2: \_\_\_\_\_

Strength 3: \_\_\_\_\_

Practice Tip: Say your answers out loud 3 times before your interview.

Remember: Your past does not define your future. Your effort today does.