

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:

2. Why Should We Hire You?

Focus on reliability, work ethic, and attitude.

3. Talking About Your Record (If Asked)

Keep it short, honest, and focused on growth.

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.