

Craft your Career Story Worksheet

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In a competitive job market, facts alone don't land you the job. Stories do.

The way you frame your background can turn you from "another candidate" into *the one they remember*. This worksheet will help you shape a compelling narrative you can use on your resume, LinkedIn, and in interviews.

Whether you're early career, pivoting industries, or returning after a break, your story matters. This is where you begin.

PART 1: THE HERO'S JOURNEY – YOUR STORY ARC

Use these prompts to map your path and extract meaning from your career so far. Don't worry about getting it perfect. Start messy. Edit later.

1. Ordinary World

Where did you begin? Describe your early career, education, or the moment you first became curious about your field.

Examples:

- "I started in public health before I knew what UX research was."
- "I was always curious about how people interact with technology, even before I had language for it."

2. Call to Adventure

What drew you to your current field or career path? When did you feel pulled in a new direction?

3. Mentors and Guides

Who shaped your path? What did they help you see or believe? What values did they instill?

4. **Allies and Community**

Where have you found support? What networks, peers, or teams helped you grow?

5. **Challenges and Setbacks**

What risks did you take? What didn't go as planned? What tested your resolve?

6. **Breakthroughs and Turning Points**

What was the moment where something clicked? A major shift in how you work, lead, or see yourself?

7. **Transformation**

How have you changed? What have you learned that now defines how you show up?

8. **Return and Contribution**

What do you now bring to a team, organization, or industry that's uniquely yours?

PART 2: POSITIONING FOR IMPACT

Now, take your raw story and refine it for clarity and relevance. These next steps are how you move from insight to action.

1. **Create Your Resume Summary or LinkedIn "About"**

Use the four-part structure:

- Where you started
- What you've learned
- What you're great at now
- What you're looking to do next

Make it brief, clear, and directional. This is not a full bio—it's a headline that positions you.

2. Draft Your Interview Opener

Answer this classic question: “So, tell me about your background / how you got into UX.”

Use the same structure as above, but add personality. This should sound like something you’d actually say out loud.

3. Dinner Party Test

Explain what you do without jargon. Imagine you’re telling a curious friend or family member. Write one or two simple sentences.

4. Personal Brand Snapshot

What do you want to be known for?

Write down 2–3 traits, skills, or philosophies you want people to associate with you.

Examples:

- Strategic thinker who connects research to business goals
- Empathetic listener and thoughtful communicator
- Systems thinker with an eye for patterns

PART 3: REFLECT AND APPLY

- What surprised you as you wrote this?
- What do you want hiring managers to feel after hearing your story?
- How can you reinforce this narrative in your resume, portfolio, and LinkedIn?

Want feedback on your story?

If you found this worksheet helpful and want to dig deeper, you can book a free 15-minute call with Josh to talk about your story and your next move. You’ll also get access to the full [GET HIRED Masterclass](#) at an exclusive discount.

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