CAREER MOVE / PREP

Mock Interview *Kit*

The master prompt, the question bank, and the grading rubric. Everything from the carousel in one place.

WHAT YOU NEED: FOUR THINGS AND 30 MINUTES

- [ ] The job post for the role you want
- [ ] Your current resume
- [ ] ChatGPT or Claude (any plan you already use)
- [ ] Voice mode if your app has it, so you answer out loud

Talking beats typing for interview practice. Your mouth has to learn the answer, not just your eyes.

VOICE ChatGPT Voice how-to, OpenAI Help Center: help.openai.com/en/articles/20001274-chatgpt-voice. Any app voice mode works too.

THE 5 STEP MOCK INTERVIEW

- [ ] **1. Context:** paste job post + resume
- [ ] **2. Master prompt:** hiring manager, 6 questions, one hard one
- [ ] **3. STAR:** Situation, Task, Action, Result under 2 minutes
- [ ] **4. Grade:** answered, proof, timing, then 3 fixes
- [ ] **5. Round 2:** retry your 2 weakest answers

Load the context, then the *master prompt*

STEP 1 OF 5: LOAD THE CONTEXT

- [ ] Paste the full job post and your resume into the chat.
- [ ] Then write this line:

> This is the job I am interviewing for and my resume. Everything you ask me should come from these two documents.

Now the questions are about your interview, not generic ones from the internet.

STEP 2 OF 5: THE MASTER PROMPT, WORD FOR WORD

> You are the hiring manager for this role. Interview me like the real thing. Ask one question at a time and wait for my answer. If my answer is vague, push back and ask me to be specific. Ask 6 questions, including at least one hard one about a gap or a weakness.

Then answer like it counts.

The 5 questions to *prepare for*

Fill this in from your own job post and resume. Write the question you expect, then one line on the story you will use.

1. OPENING

Walk me through your background.

My story _____

2. ROLE FIT

Why you, for this job post? Match your experience to what the post asks for.

My story _____

3. BEHAVIORAL STORIES (STAR)

Leadership, conflict, ownership, failure. One story each.

Leadership _____

Conflict _____

Ownership _____

Failure _____

4. THE HARD ONE

A gap, a weakness or a missing credential the interviewer will see on your resume.

My honest answer _____

5. CLOSING

Your questions for them. The night before prompt on page 6 helps here.

My questions _____

Answer with the *STAR method*

STAR The STAR method is standard career interview practice. One story per answer. Keep each under 2 minutes.

S: SITUATION

The scene you were in

T: TASK

What you owned

A: ACTION

What you did

R: RESULT

What changed, with a number if you have one

RULE A short answer with proof beats a long answer with none.

Get graded, then *round 2*

STEP 4 OF 5: THE GRADING RUBRIC, WORD FOR WORD

- [ ] When the 6 questions are done, paste this:

> Grade my interview. For each answer, tell me: did I actually answer the question, did I give proof with a specific story or number, and did I stay under 2 minutes. Then give me the 3 fixes that matter most.

A friend softens the feedback. The AI will not.

RUBRIC SCORECARD

- [ ] **Answered:** did I actually answer the question
- [ ] **Proof:** a specific story or number
- [ ] **Timing:** under 2 minutes

My 3 fixes _____

_____

_____

STEP 5 OF 5: RUN ROUND 2 ON YOUR WEAKEST ANSWERS

- [ ] Say this:

> Ask me those 2 questions again. This time I will use your fixes.

It is tempting to stop after the feedback. The improvement lives in the retry, when your mouth learns the better answer. Two fixed answers can carry a whole interview.

NIGHT BEFORE BONUS / PREP

Walk in with *real questions*

THE NIGHT BEFORE PROMPT

- [ ] Paste the company name and the job post, then ask:

> What does this company care about most right now, and what 3 smart questions should I ask them at the end of my interview?

- [ ] Add this finisher when you set it up:

> **Ask me any questions you need answered before you start.**

Real questions flip the dynamic. You stop sounding like an applicant and start sounding like a colleague.

ONE HONEST LIMIT: AI BUILDS REPS. IT CANNOT READ THE ROOM.

Use the mock interview to lock your stories, your timing, and your weakest answers.

On the day, stay flexible. The real interviewer may interrupt, change direction, or care about something the AI never asked.

Practice gives you calm. Listening in the room keeps you sharp.

TONIGHT Do this the night before. Walk in already practiced.

Join the Momentum AI community on Skool, $29/mo:
https://www.skool.com/momentum-ai/about