Frog framework

uncover your stories,
build an evidence bank,
prepare for real career decisions

using AI and your own experience

a free guide and copyable prompt pack

by **kushagra gupta**

What this guide does

It helps you turn the things you've done into checked notes you can reuse for applications and interviews.

The whole method in four lines

1

Say where you're heading. Even "not sure yet" is a start.

2

List your experiences. Short headings, each with an ID that never changes (E01, E02 and so on).

3

Let an AI chat interview you, one question at a time, about one experience.

4

Check every claim against what you actually said, then approve the record.

After that, the same records feed role research, applications and interview practice, so you stop re-remembering your own history every time.

What you walk away with: an evidence bank

A set of notes on your experiences, each checked against what you actually remember.

Career_bank.md

Your direction and an index of every story.

One record per experience

What you did, what others did and what you can back up.

Interview cards

Questions each story can answer, 30 and 60-second answers, likely follow-ups.

Short on time? Start here.

Nobody reads a guide like this cover to cover. This page is the version for people who won't, and it tells you exactly where to dip in.

Five minutes

See where this ends up

Read page 2, then Bear's journey (page 23) and the two interview cards (page 31 and page 32). That's what the method produces.

One sitting

Do your first story

Work through Stages 1 to 4 with one experience, pages 9 to 15. You finish with one checked record you can reuse.

Interview soon

Go straight to the useful bit

Already have checked records? Go to C and D (page 20 and page 21). If not, run Stages 3 and 4 on your two best stories first.

Jump straight in. Open a new AI chat, attach the prompt pack and paste Prompt 1 from page 9. Have your CV handy if you want to use it.

Prompt pack: leviathan3307.github.io/frog-framework/Frog_framework_prompt_pack.md

Reading on a phone? Web version, with one-tap copy for every prompt: leviathan3307.github.io/frog-framework

Contents

Everything is clickable. The bar in the top-right corner of every page shows which stage you're on, and you can jump from it too.

Start here

What this guide does	2
Short on time? Start here	3
Meet Bear	5
Before you start	6
How the files work	7

Part 1

Remember more than the CV

Stage 1: Pick a direction	9
Stage 2: Map your experiences	10

Part 2

Find the real story

Stage 3: Interview one experience	12
Stage 4: Check every claim	13
Build an interview card	14
Save and pick up again	15

Part 3

Make your stories useful

Which use do you need?	17
A: Explore roles	18
B: Improve an application	19
C: Plan an interview	20
D: Practise aloud	21

Part 4

Bear's case study

Bear's journey	23
E01 interview, a work example	24
E02 interview, a university example	26
What Bear knows now	27
Checking the claims, E01 and E02	28
The record before and after	30
Interview card: E01	31
Interview card: E02	32

Reference

Fixes and templates

When it goes wrong	33
Templates to copy	34
About this guide	35

1 2 3 4 A B C D

Reading the bar. Numbers 1 to 4 build your records. Letters A to D use them. Black means done, yellow is where you are.

Meet Bear

Bear is the fictional applicant you'll follow through every stage. Two of Bear's experiences get the full treatment, so you can see the method work on very different material.

Bear is a postgraduate with an earlier analyst job and a recent group project at university. Bear is weighing up operations, business analysis and consulting, and opens with this:

> **"I have some analyst experience and a group project, but I don't know which things are worth mentioning."**

Most people start here. The experiences exist, but on a CV they shrink to one line each, and those lines don't tell an interviewer what you actually decided or did.

E01 Work example, carries most of the guide

"Helped automate a monthly reporting process."

E02 University example, shorter but complete

"Completed a university group project analysing several companies."

Short Bear notes run through the instructions. The full story, start to finish, is the case study in Part 4 (page 22).

No analyst job? No problem.

Bear's E02 is a university assignment with no number attached, and it still makes a strong story. Coursework, internships, part-time jobs, volunteering and society roles all work.

You don't need a performance number. You need a moment where you made a decision.

⚠ Bear is fictional

Bear isn't a real person or test participant. The stories are invented illustrations based on how this method works in practice. Nothing in them is a measured result of using the guide.

Why keep an evidence bank at all?

An evidence bank is a set of notes on your experiences, each checked against what you actually remember.

Every application asks you to reflect again: a CV bullet, a cover letter, a motivation answer, a competency question. Without a record, you rebuild the story from memory each time and it drifts, usually towards sounding bigger than it was.

A record lets you do the hard remembering once, check it once and reuse it everywhere. It also keeps the honest limits attached, so an estimate stays an estimate when you're nervous in an interview.

Before you start

Ten minutes of setup saves you rewriting the same story in three different chats.

What to have to hand

- Your CV, if you want to use it. A few rough headings work just as well.
- A role or two you might want. “Not sure yet” is a valid answer.
- Somewhere to keep a few text files: a folder, a notes app or cloud storage. They’re plain text files ending in .md (Markdown), which any notes app or text editor opens.

Decide what stays private

Don’t paste confidential employer or client documents, private customer records, other people’s personal details or anything under a confidentiality agreement. Describe the decision and your part in it in general terms instead. Bear’s E01 uses *synthetic* (made-up, not real customer data) test cases for exactly this reason. Check your AI tool’s privacy and data settings before you start.

Which AI chat?

Any mainstream chat assistant can run these prompts. Some can create files you can download; many can only show text in the conversation.

Every prompt in this guide covers both cases. If the AI can’t make a real file, it returns the complete text and you save it yourself. If it says it has saved something and you can’t open or download it, treat it as not saved.

Attach the prompt pack to your first message so the AI uses the same file structure. Get it at leviathan3307.github.io/frog-framework/Frog_framework_prompt_pack.md, or paste its text into the chat.

Try talking instead of typing

If your AI has a voice mode, answering aloud often brings back detail that typing doesn’t. Read the transcript before you accept it, because speech-to-text gets names and numbers wrong.

How to read the pages



Prompt. Paste it into your AI chat. Yellow [brackets] are for you to fill in.

Conversation. Bear and the AI, with notes on why each question was asked.



Working file. What gets created or updated at that point.



Finished output. Something Bear actually uses.



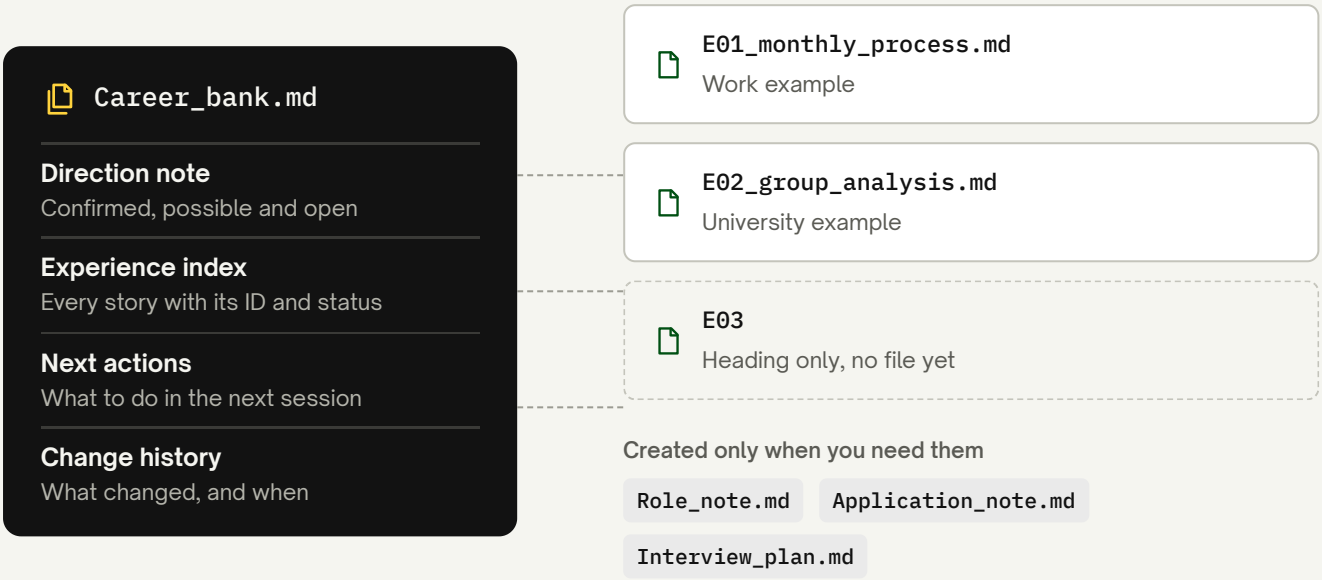
Watch out. A trap or a rule.

Skimming?

Read the headline, the grey intro line under it, and the prompt. That’s enough to do each stage.

How the files work

One index, one record per experience and a few task notes. You keep the files. The AI only borrows them.



Every record moves through four states

Heading only	Listed in the index, nothing explored yet.
In progress	Being explored in a conversation.
Draft for review	Written up, waiting for your check.
Approved	You've checked every claim and said so.

IDs never change. E02 is always E02, even if you later add something older.

What the AI can see

	Same chat	New chat
Files you attached earlier	Usually still there, but ask for the current version before relying on it in a long chat	Gone. Attach them again
What you said earlier	Available	Gone. That's why the records exist
Always attach	**Career_bank.md**, the prompt pack and the record you're working on. For A to D, also the relevant note and the job description	

The one rule

If you didn't say it, it doesn't go in the record. The interview, the check and the approval step all exist to protect that.

Part 1 of 4

1

Remember more than the CV

A CV lists what you held. This part gets you a direction and a list of experiences worth exploring, before you write a single answer.

A CV line

“Helped automate a monthly reporting process.”

→

- E01 **Monthly process improvement**
- E02 **Group company analysis**
- E03 **Volunteering and events**

In this part

1 **Pick a direction** 9
You’ll produce: a direction note in Career_bank.md

2 **Map your experiences** 10
You’ll produce: an experience index with IDs that never change

Where Bear is now

Two CV lines and a vague sense that operations, business analysis or consulting might fit.

Stage 1 of 4

Pick a direction

Say which roles you're curious about, or admit you aren't sure. Both give the AI something to work with.

The AI asks up to five questions, one at a time, then writes a short direction note split into what you've confirmed, what's possible and what's still open.

Prompt 1 Pick a direction — Paste into your AI chat

I'm using the Frog framework to explore my experiences before making career decisions. The goal is a short, honest direction note, not a career diagnosis. If I attach Career_bank.md or my CV, read them first, and treat the CV as incomplete context rather than proof of what I did. Ask me up to five questions, one at a time, about roles I'm considering, what interests me and any constraints I choose to share. I may be unsure, and that is a valid answer. Do not infer my personality or abilities from my degree, CV or job titles. Create or update Career_bank.md. If I attach the Frog templates, follow them. Otherwise keep these sections in this order: Version and Approval lines, Direction note (Confirmed, Possible, Open), Experience index, Next actions, Change history. Raise the version number each time the file changes. Show me the note and ask me to approve or correct it. If you cannot create or edit files, return the complete Career_bank.md as Markdown for me to save, and do not say it has been saved. Finish by suggesting the next step: listing my experiences.

Why it matters
A direction gives later questions a purpose without forcing a decision.

You'll produce
Career_bank.md, v0.1

Prompt
Prompt 1, on this page

Then
Stage 2: Map your experiences, page 10

See Bear do this
Bear's journey, page 23

What Bear said

"I have some analyst experience and a group project, but I don't know which things are worth mentioning. I'm considering operations, business analysis and consulting."

The AI doesn't push Bear to pick one. Uncertainty goes in the note as an open question.

`Career_bank.md` — v0.1 — Draft for review

`## Direction note`

Confirmed	Interested in exploring operations, business-analysis and consulting positions.
Possible	Enjoys understanding how a process or an analytical argument works.
Open	Which activities Bear actually owned; which roles match; actual job requirements and eligibility.

`## Change history`

v0.1	First direction note created for Bear's review.

Stage 2 of 4

Map your experiences

List short headings, not impressive stories. Your best example might not be on your CV at all.

Think across coursework, jobs, part-time work, internships, volunteering, society roles, side projects and moments you changed direction. The AI walks back through your timeline, most recent first, then asks about gaps one area at a time. Once the list is complete, each heading gets an ID that never changes (E01, E02 and so on). Nothing detailed is written yet.

Prompt 2 Map your experiences — Paste into your AI chat

Read my latest Career_bank.md and, if I have chosen to share it, my CV. Help me list short experience headings across coursework, jobs, part-time work, internships, volunteering, society roles, personal projects and changes of direction. Start by walking backwards through my timeline, most recent first, one period at a time, then ask about gaps one area at a time. Do not invent experiences, and use only headings I confirm. Give each heading a stable ID (E01, E02 and so on) in rough chronological order, and never renumber existing IDs. For each one, add the status Heading only and one useful question to explore later. Do not create detailed experience files yet. Once all the headings are listed, update the Experience index in Career_bank.md, show me the changes for approval and only then ask which experience I want to explore first. If you cannot edit files, return the complete current Career_bank.md as Markdown for me to save.

Why it matters

You can't choose your best stories until you can see them side by side.

You'll produce

Career_bank.md, v0.2, with an experience index. No experience files yet. Stage 3 creates the first one.

Prompt

Prompt 2, on this page

Then

Stage 3: Interview one experience, page 12

See Bear do this

Bear's journey, page 23

Headings, not essays

"Volunteering and events" is enough for now. Three to six headings is a good first list.

`Career_bank.md` — v0.2 — Draft for review

`## Experience index`

ID	Heading	Record	Status
E01	Monthly exception-processing improvement (employment)	`E01_monthly_process.md`	Heading only
E02	Comparative company analysis (group assignment)	`E02_group_analysis.md`	Heading only
E03	Student volunteering and events	`None yet`	Heading only

Useful question to explore later	E01: What did I personally change?	E02: How did I make the group work comparable?	E03: Which event shows a difficult decision?

Bear chooses E01 first. E02 follows in the same stage. E03 stays a heading, which is fine.

Part 2 of 4

Find the real story

This is where the method earns its keep. An AI chat interviews you about one experience until the real decisions surface, then you check the write-up against what you actually said.

Heading
E01 Monthly process
→
Conversation
One question at a time
→
Draft record
Draft for review
→
Checked
Approved

In this part

3 **Interview one experience** 12
You'll produce: a detailed draft record

4 **Check, approve and save** 13
You'll produce: an approved record with an interview card

Where Bear is now

A direction note and three headings. E01 and E02 are listed but not explored.

Stage 3 of 4

Interview one experience

Pick one experience and let the AI question you until you can say exactly what you did, what you decided and what you can back up.

This is a conversation, not a form. The AI asks one focused question, waits and follows your answer. When something is vague, it asks for a specific moment. When you give a number, it asks where the number came from. It won't write polished interview answers yet, because the evidence isn't checked.

Prompt 3 Interview one experience Paste into your AI chat

I'm using Frog to explore one experience before deciding which career and interview stories it can support. Read the latest Career_bank.md, my CV if supplied and the latest record for [E##], if one exists. The experience I want to explore is [heading].

Start with what actually happened and what I personally did. Ask one focused question at a time, wait for my answer and probe the parts that remain vague. Follow the evidence, not a fixed STAR template. Ask about a particular decision or disagreement, the alternatives I saw, my responsibilities versus other people's, what changed, what I can substantiate and what I still do not know. If I mention a number, ask what it measures, the period, the source and whether it is observed, reported or estimated. If I have no number, do not invent or require one. Let me say 'skip', 'not sure' or 'pause'. If I correct something you said, follow my correction.

Create or update one detailed record named [E##]_short_name.md, marked Draft for review. Start it with Version, Approval and Privacy lines, following the record template if I attach it, and raise the version each time it changes. Keep the chronology, dates if known, my actions separately from others', evidence strength, open questions and corrections. Update its status in Career_bank.md and show me the material changes. Do not write polished interview answers yet. If you cannot edit files, return the complete current Markdown for both files for me to save.

Why it matters
Most of the useful detail only appears on the second or third question.

You'll produce
E##_short_name.md as Draft for review, and its status in Career_bank.md

Prompt
Prompt 3, on this page

Then
Stage 4: Check every claim, page 13

See Bear do this
Bear's E01 interview, page 24

How to answer well

- Describe one moment, not your general strengths.
- Say "I don't remember" when you don't. Gaps are allowed.
- Name who else was involved and what they did.
- Correct the AI when it overstates your part. Bear has to in the E01 interview.

Stage 4 of 4

Check every claim

The risky moment isn't the conversation. It's when a confident summary reads well and you approve it without noticing it says more than you did.

Before you approve a record, ask the AI to check it line by line. It has to find the exact answer behind each claim and put each one in a category. It should flag stretched wording itself, not wait for you to spot it.

Prompt 4 Check every claim — Paste into your AI chat

Audit the current [E##_short_name.md] line by line before I approve it. Read it alongside our conversation and any documents I supplied. For each ownership claim, outcome, figure, causal claim, tool and motivation, quote the exact answer or document that supports it. Classify each as directly supported, self-reported, estimated, interpretation or unsupported. Flag wording that makes a team result mine alone, turns an estimate into a realised result or widens the scope beyond what I described, even if I have not questioned it. Show the risky wording beside a narrower alternative and ask me to resolve each uncertainty. Do not quietly substitute your interpretation for my memory, and keep anything we cannot resolve visible as an open question. Show the full audit in the chat. In the record, keep only the corrected wording, open questions, a one-line change history entry and a short evidence list: one line per kept claim giving its category and where it came from, such as 'my answer in this session' with the date, or a document name and section. Return the updated draft. Mark it Approved, in the record and in Career_bank.md, only when I confirm. If you cannot edit files, return complete current Markdown for both files.

Why it matters

An inflated claim is worse than a modest one. It falls apart at the first follow-up question.

You'll produce

An updated record with a change history and an evidence list, Approved once you confirm

Prompt

Prompt 4, on this page

Then

Build an interview card, page 14

See Bear do this

Checking E01's claims, page 28

The five categories

Directly supported
Backed by a document you supplied.

Self-reported
Your own account. Fine to use, as yours.

Estimated
A projection. Always say so.

Interpretation
A reading of the facts. Use carefully.

Unsupported
Nothing you said backs it. Remove it.

Stage 4, final step

Build an interview card

Only now, with an approved record, does the AI write answers. It adds them inside the same file so the evidence and the answer travel together.

The card is a short navigation section at the bottom of the record. It tells you which questions the story can answer, how to start it and where its limits are.

Prompt 5 Build an interview card — Paste into your AI chat

First check the record's Approval line. If it is not Approved, stop and tell me to finish Prompt 4 before building the card. Using my approved [E##_short_name.md], prepare a compact interview-navigation section inside that same record. Include a memory cue, four to six interview questions this evidence can genuinely answer, a natural 30-second summary, a natural 60-second answer, three to five likely follow-up probes and any source limits I must remember. Write the answers in plain spoken English I would actually say, not a polished script. Use only confirmed or explicitly qualified evidence, and do not force the story into a role or question where it does not fit. Show the new wording to me for approval, then update this record and the Career_bank.md index. If files cannot be updated, return complete current Markdown for both.

What goes in a card

- **Memory cue.** Five or six words to find the story under pressure.
- **Questions it can answer.** Interview questions this evidence honestly covers.
- **30 and 60-second answers.** In words you'd actually say.
- **Follow-ups.** What a sharp interviewer will ask next.
- **Source limits.** What you must not overstate.

See the finished cards

Bear's two cards are the last stop in this guide: page 31 and page 32.

`Career_bank.md` — v0.6 — Approved

`## Experience index`

ID	Heading	Record	Status
E01	Monthly exception-processing improvement (employment)	`E01_monthly_process.md`	Approved
E02	Comparative company analysis (group assignment)	`E02_group_analysis.md`	Approved
E03	Student volunteering and events	`None yet`	Heading only

`## Change history`

v0.5	E01 and E02 checked and approved by Bear.
v0.6	Interview cards added to E01 and E02 (records now v0.3).

Stage 4, any session

Save and pick up again

A new chat remembers nothing from the last one. Your files remember everything, as long as you take them with you.

End every session with a handover, even a short one. It forces the AI to give you the complete current files and to say what's still unresolved. Start the next session with the resume prompt and the files attached.

Prompt 6 End a session with a handover — Paste into your AI chat

We're ending this session. Create a handover from the latest documents. List every file that changed, its current version and approval status, unresolved questions and the next recommended action. Ask me to check any material factual change before it is finalised. Then return the complete current Career_bank.md and every experience, role, application or interview file touched in this session. If you can create real downloadable files, do so and tell me exactly which ones exist. Otherwise supply complete Markdown under each filename and tell me which files to save. Do not assume the next chat will remember this one.

Prompt 7 Resume in a new chat — Paste into your AI chat

I'm continuing Frog framework work in a new chat. Read the attached latest Career_bank.md and [E##_short_name.md]. Do not assume you have any file I have not attached, or that you remember earlier chats. Summarise the experience's current version and approval status, the last approved changes and the most useful next question, then ask it. Ask one question at a time. Keep confirmed facts unless I correct them, and mark new material as Draft for review. When I say 'save this session', prepare complete updated versions with changes and approval status. Create files only if your tools genuinely support it; otherwise return complete Markdown for me to save.

Attach to a new chat

- **Career_bank.md**, always
- The record you're working on, such as **E01_monthly_process.md**
- For A to D, the relevant note and the job description
- **Frog_framework_prompt_pack.md**, so the AI keeps the same file structure
- Your CV, only if you choose to

⚠ One current version

Replace the old file with the new one each time, rather than keeping both. If you do end up with two, ask the AI to compare them and list the differences, decide which is right and save one.

No file saving?

Copy the complete Markdown the AI returns into a text file named exactly as shown. Once per session is enough.

Part 3 of 4

3

Make your stories useful

The records are the groundwork. Now put them to work. Pick the use you need today and skip the rest.



In this part

A	**Explore roles** You'll produce: Role_note.md	18
B	**Improve an application** You'll produce: Application_note.md	19
C	**Plan an interview** You'll produce: Interview_plan.md	20
D	**Practise aloud** You'll produce: an updated Interview_plan.md	21

Where Bear is now

Two approved records, each with an interview card. Neither has been used for a real application yet.

Which use do you need?

You don’t need all four. Pick the one that matches what’s in front of you this week.

A

Explore roles

No role in mind, or two to choose between. Compare your records with real job descriptions.

Prompt 8, page 18

B

Improve an application

A vacancy and a draft in front of you. Strengthen your own wording with checked evidence.

Prompt 9, page 19

C

Plan an interview

An invitation in your inbox. Prepare for the stage you actually have.

Prompt 10, page 20

D

Practise aloud

An interview coming up. Test what you can explain without reading.

Prompt 11, page 21

One story, several questions

Bear’s two approved records cover different ground. Picking the right story for the question matters as much as the story itself.

Interview question about…	E01 work example	E02 university example
Improving a process	Main story	Not a fit
Challenging an assumption	Main story	Backup
Working with someone more senior	Main story	Not a fit
Teamwork	Backup	Main story
Inconsistent data or evidence	Backup	Main story
Receiving feedback	Not a fit	Main story
Influencing without authority	Backup	Main story
Leading a team	No story yet	No story yet

A gap is useful information

Neither story shows Bear leading a team. That’s a reason to explore E03 next, not a reason to stretch E01.

⚠ Before any of them

Use the employer’s own current job description and pages. Follow their rules on AI use. You write the final words, and the AI never applies for you.

Use A

Explore roles

Put your approved records next to a real job description. The AI separates what you've shown from what the role demands, and keeps formal requirements out of the guesswork.

Prompt 8 Compare roles — Paste into your AI chat

Help me investigate [role A] and [role B]. Read Career_bank.md, my approved experience records, my CV if I provide it and the current official job descriptions I paste in. For each role, separate confirmed interests, demonstrated evidence (cite the experience ID), transferable examples, hard requirements such as qualifications or eligibility, unknowns and gaps. Do not treat an attractive story as proof that I meet a formal requirement, and do not diagnose my personality or suitability. Ask me up to three questions where my preferences are unclear. Create or update Role_note.md with a short comparison and the questions I should investigate next, and show it to me for approval. If you cannot edit files, return the complete Role_note.md as Markdown.

`Role_note.md` v0.1 Draft for review

Illustrative role with hypothetical requirements, not a real vacancy.

Junior business analyst

Analyse processes and data to recommend improvements	E01: rule mismatch found and revised routine built. E02: made four companies' ratios comparable.
Work with stakeholders at different levels	E01: agreed the rule change with a senior colleague.
Database or query skills	**Unknown.** E01 mentions database extracts, but Bear hasn't said what Bear wrote. Ask Bear.
Degree and right to work	**Hard requirement.** Check against the official advert. Not inferred from stories.

Questions to investigate

1	Does Bear prefer improving processes or analysing performance? E01 and E02 suggest both.

⚠ Good story, not eligibility

A strong example doesn't meet a hard requirement like a qualification, a visa condition or a specific skill test. The note lists those separately.

Bear's takeaway

E01 is the stronger match for a business-analyst role. For a consulting role, E02 shows the structured analysis, but it was a course project, not client work. The note says so.

Use B

Improve an application

Start from the job description, your own draft and your approved records. Everything the AI suggests is material for you to decide on.

Prompt 9 Improve an application — Paste into your AI chat

I want to improve my own [CV bullet, cover letter or application answer] for [role and employer]. Read my draft, the official job description, Career_bank.md and the relevant approved experience records, plus my CV if supplied. Map the vacancy's actual requirements to evidence IDs. Suggest specific changes and explain each one, and ask me for my genuine motivation and any missing facts rather than inventing them. Do not introduce metrics, tools, tenure, scope or ownership the records do not support, and keep estimates labelled as estimates. I will review, revise and control the final wording. Remind me to follow the employer's rules on AI use. Create or update Application_note.md with the requirement map and the edits I choose. If you cannot edit files, return the complete Markdown. Do not apply on my behalf.

Motivation is yours

The AI can ask why you want this role, but it can't know. Bear's reason, liking to make scattered evidence comparable, came from Bear's own reflection on E02.

`Application_note.md`

v0.1 Draft for review

Requirement
Process improvement

Evidence
E01 v0.3, Approved

Wording rule
Six hours stays labelled as a team estimate.

Bear's CV bullets

E01

Before
Helped automate a monthly reporting process.

After, chosen by Bear
Helped develop and test an updated monthly exception-checking routine after identifying a rule mismatch; a team planning estimate suggested around six staff hours of monthly work could be reduced.

E02

Before
Completed a university group project analysing several companies.

After, chosen by Bear
Built the common analysis workbook and ratio definitions for a four-person comparative assignment, completed one company's analysis and helped integrate the group's presentation.

Use C

Plan an interview

Preparing for the stage you actually have beats rehearsing a generic list. Start from the invitation and the employer's own pages.

Prompt 10 Plan an interview — Paste into your AI chat

Help me prepare for [employer, role, interview stage, date]. Read the invitation, the official role description, my CV if supplied, Career_bank.md and my approved records. Tell me what is known about this stage and what is uncertain. Use current first-party employer information for factual claims and treat candidate forums as unverified practice leads. Create Interview_plan.md covering motivation and CV walkthrough questions, likely behavioural questions with the experience IDs that can answer them, gaps where I have no strong story yet, and case, technical or group tasks only if relevant. Include a short priority list and preparation plan. Do not invent official interview questions or scoring. Show the plan for my approval, and if you cannot edit files, return the complete Markdown.

Stories are only part of it

Motivation, knowledge of the role and your CV walkthrough need their own preparation. So do case, technical or group tasks if the employer uses them.

Different questions, different stories

Bear will use E01 for process and stakeholder questions and E02 for teamwork and feedback. Using the same story for everything is a common way to sound rehearsed.

`Interview_plan.md` — v0.1 — Draft for review

Illustrative: a competency interview for an analyst role. No real employer.

`## Known and uncertain`

Known	Format and length, from the invitation.
Uncertain	Whether there's a case exercise. Forums disagree, so treat them as practice leads only.

`## Story coverage`

Process improvement	E01
Working with someone senior	E01
Teamwork and feedback	E02
Leading a team	**Gap.** Explore E03 before the interview.

`## Priority list`

1	Write my own "why this role" answer.
2	Practise a CV walkthrough that links E01 and E02.
3	Mock the two main stories with follow-ups.

Use D

Practise aloud

A record is reference material, not a script. The real test is what you can explain naturally when someone pushes back.

Prompt 11 Practise aloud Paste into your AI chat

Act as a practice interviewer for [role and stage]. Read Interview_plan.md, the job description, my CV if supplied and my approved experience records. Ask one realistic question at a time and wait for my spoken or typed reply. After each answer, give specific feedback on clarity, reasoning, my actual ownership, accuracy against the record and whether I answered the question. Tell me if I claimed more than the record supports. Ask one follow-up probe on the weakest point, then let me retry once. Record gaps you observed and any new details I confirm in Interview_plan.md, and change a story record only after I approve a new fact. Never invent official scores. If you cannot edit files, return the complete Markdown at the end.

⚠ Why this matters

The inflated version comes back when you're nervous. Practising with a checker is how the honest version becomes the one you say by default.

Use your voice

Speaking shows awkward pacing and missing steps that typing hides. Check transcripts before treating them as evidence.

A short mock, using E01

AI Tell me about a time you improved a process.

Bear In my analyst job I automated a monthly check and we saved six hours a month...

Slip Bear slips into the inflated version under pressure.

AI Feedback: clear opening. Two issues against your record: the six hours was a team planning estimate, not a measured saving, and the build was a shared idea with your lead. Try again, and start with the rule you found.

Feedback Checks the answer against the approved record, not just delivery.

Bear When we looked at automating a monthly process, I found the old rules no longer matched an updated category, so I took three synthetic test cases to the senior colleague...

AI Better. Follow-up: who had final approval?

Probe One probe on the weakest point.

Part 4 of 4

Bear’s case study

Want to see the whole thing done properly? Follow Bear from a vague CV line to two interview-ready stories, stage by stage.

Before
Two flat CV lines

→

Stages 1 to 4
Interviewed, checked, approved

→

Uses A to D
Roles, CV, interview prep

→

After
Two interview cards

In this part

3	**E01 interview, a work example** Two pages, one question at a time	24
3	**E02 interview, a university example** Shorter, with no number attached	26
4	**Checking the claims** What the check removed, and why	28
4	**Interview cards** Where all of it ends up	31

How to read it

Read it straight through, or jump to the stage you’re stuck on. Every page here matches a stage you’ve already seen.

Case study overview

Bear's journey

From two flat CV lines to two stories Bear can use for different questions. Each step left a file behind, and each one links to the page where it happens.

1	**Pick a direction** page 9 Unsure what's worth mentioning. Considering operations, business analysis and consulting.	`Career_bank.md v0.1`
2	**Map your experiences** page 10 Three headings: E01 work, E02 university, E03 volunteering.	`Career_bank.md v0.2`
3	**Interview E01** page 24 "Helped automate" became a rule mismatch, three synthetic test cases, a shared decision and a team estimate.	`E01 v0.1, Draft for review`
3	**Interview E02** page 26 "Group project" became mismatched definitions, a reference sheet and a team conclusion.	`E02 v0.1, Draft for review`
4	**Check every claim** page 28 "Led", "company-wide", "eliminated errors" and "consulting" removed. The estimate stays labelled.	`E01 and E02 v0.2, Approved`
4	**Build cards** page 31 Questions each story can answer, memory cues, 30 and 60-second answers, follow-ups.	`E01 and E02 v0.3; Career_bank.md v0.6`
A to D	**Use them** page 18 A role comparison, two CV bullets, an interview plan with a gap to fix, and a mock with feedback.	`Role_note, Application_note, Interview_plan`

Where it ends up

Two interview cards (**page 31** and **page 32**). They're what Bear looks at the night before an interview. The pages in between show every step in detail.

Stage 3, worked example

Bear's E01 interview, part one

A work example. Watch the CV line turn into a decision, and watch the AI get something wrong.

Starting point **"Helped automate a monthly reporting process."**

AI	When you say 'helped automate', what did you personally do, and who agreed the change?	**Why it asked** Opens with ownership, because "helped" could mean almost anything.
Bear	My lead suggested reducing the manual work with me. I checked the rules, built the new routine and tested it. My lead and a senior colleague agreed the scope.	**What it revealed** Three people now, with different roles. Bear's part is checking, building and testing.
AI	So you ran the automation project and the others signed it off?	**Misread** The AI tidies the story into something bigger than Bear said.
Bear	Not quite. My lead and I discussed it together, and the lead supported the scoping and approval. I did the checking, building and testing.	**Correction** Bear corrects it. The record follows Bear, not the AI's summary.
AI	Thanks, I'll record it as a shared idea with you owning the build. What made copying the existing checks unsafe?	**Why it asked** Asks for the problem behind the task.
Bear	A category definition had changed. I compared the old spreadsheet checks against the newer procedure and found three test cases where the classifications no longer lined up.	**What it revealed** The real story: the old rules were out of date. Automating them as they were would have repeated the problem faster.

Stage 3, worked example

Bear's E01 interview, part two

The AI follows the disagreement, the evidence and the number, and leaves gaps as gaps.

AI How did the senior colleague who owned the old checks react?

Bear They disagreed at first. I showed the example records and asked how the procedure should handle them. We agreed the rule change before I implemented it.

What it revealed
Bear raised it with evidence and didn't decide the rule alone.

AI Were the cases real private customer records or synthetic tests?

Why it asked
Checks privacy and what the evidence actually is.

Bear Synthetic test cases.

AI How did you test and hand over the solution?

Bear I reran the standard cases and boundary cases, added a way to see which exceptions failed and handed the routine to the team. Others reviewed the release.

What it revealed
Bear built the exception log. Others owned release sign-off.

AI Roughly when was this, and how long did the build take?

Bear I honestly don't remember the month or how many weeks it took.

Gap kept
The AI records "not remembered" instead of guessing.

AI Is there any figure for the time involved?

Why it asked
Asks before assuming there is one.

Bear The team estimated ten hours of the old monthly process and about four hours for checks under the new approach. We did not independently measure a consistent six-hour saving after release.

Number checked
A team planning estimate, 10 − 4 = 6 staff hours a month. Not a measured saving.

AI What would you highlight in an interview?

Bear That I checked whether the existing process was still correct before automating it, and presented evidence without trying to claim the senior colleague's work was bad.

What it revealed
Bear's own reflection, in Bear's words.

Stage 3, worked example

Bear's E02 interview

A university example, and shorter. No job, no client and no number, and it's still a real story.

Starting point — **"Completed a university group project analysing several companies."**

AI	You wrote 'group project'. What was your contribution beyond being one of four people?	**Why it asked** Separates Bear from the group straight away.
Bear	Each student researched one company. I made the shared comparison workbook and suggested using the same ratio definitions.	
AI	Was this a live client engagement?	**Why it asked** Checks scope before anyone calls it consulting.
Bear	No, it was a course assignment. The figures came from public company reports.	
AI	Can you remember one moment where the workbook mattered?	
Bear	One teammate used a different period and another excluded a cost the rest included. Our early chart looked comparable, but it wasn't.	**What it revealed** The real problem: the numbers didn't mean the same thing.
AI	What did you personally do about it?	
Bear	I made a reference sheet showing the definition, source and financial period for each ratio, asked everyone to check theirs and completed the research on my assigned company.	
AI	Who decided the recommendation, and did it change?	
Bear	It was a team conclusion. My initial closing sentence was too absolute; colleagues pushed back and we changed it.	**What it revealed** Team ownership, and a piece of feedback Bear accepted.
AI	What supports the result?	
Bear	We completed and presented the assignment. The lecturer suggested putting our central conclusion earlier. I don't have a measured business outcome.	**Gap kept** The AI adds no number. Not every story needs one.

Stage 3, result

What Bear knows now

Same person, same two experiences. The difference is detail Bear can stand behind.

E01

Before Stage 3

"Helped automate a monthly reporting process."

→

After Stage 3

- Found three synthetic cases where an updated category definition broke the old checks
- Took them to the senior colleague and agreed the rule change before building
- Built and tested the routine and added an exception log; others signed off the release
- Six staff hours a month is a team planning estimate, not a measured saving. Dates not remembered

E02

Before Stage 3

"Completed a university group project analysing several companies."

→

After Stage 3

- Course assignment: four students, four consumer-goods companies, public reports
- Spotted mismatched periods and definitions; owned the workbook and built a reference sheet
- Analysed one company; the conclusion was a team decision, and Bear accepted pushback on it
- Lecturer feedback: state the conclusion earlier. No grade or business outcome recorded

`Career_bank.md` v0.4 Draft for review

`## Experience index`

ID	Heading	Record	Status
E01	Monthly exception-processing improvement (employment)	`E01_monthly_process.md`	Draft for review
E02	Comparative company analysis (group assignment)	`E02_group_analysis.md`	Draft for review
E03	Student volunteering and events	`None yet`	Heading only

Both records were written up by the AI. Even after a careful conversation, the write-up can overstate things. That's what Stage 4 is for.

Stage 4, worked example

Checking E01's claims

The draft record suggested a CV line. It sounds great, and three of its four claims fail the check.

✕ **Draft suggested this**

~~Led a company-wide automation programme, eliminated processing errors and saved six hours every month.~~

Wording in the draft	What Bear actually said	Category	Keep as
Led	*"My lead suggested reducing the manual work with me … My lead and a senior colleague agreed the scope."*	Unsupported	Helped develop and test
a company-wide automation programme	*Bear described one monthly process in one team.*	Unsupported	an updated monthly exception-checking routine
eliminated processing errors	*Nothing. Error rates are listed as unknown in the record.*	Unsupported	Remove
saved six hours every month	*"The team estimated ten hours … about four hours … We did not independently measure a consistent six-hour saving."*	Estimated	a team planning estimate suggested around six staff hours
after identifying a rule mismatch (added)	*"I … found three test cases where the classifications no longer lined up."*	Self-reported	Keep

✓ **What Bear approved**

Helped develop and test an updated monthly exception-checking routine after identifying a rule mismatch; a team planning estimate suggested around six staff hours of monthly work could be reduced.

What the AI asked Bear during the check

"The record lists error rates as unknown. Do you have anything that shows errors went down? If not, I'll remove 'eliminated processing errors'." Bear had nothing, so it went.

In a spoken answer, Bear explains the collaboration and calls the figure an estimate when asked about it.

Stage 4, worked example

Checking E02's claims

A university project gets inflated too. Here the AI turned a course assignment into consulting, and added a personality reading for good measure.

✕ **Draft suggested this**

~~Led a four-person strategy consulting team to transform four companies' investment plans.~~

Wording in the draft	What Bear actually said	Category	Keep as
Led a four-person … team	*"Each student researched one company. I made the shared comparison workbook …"*	Unsupported	Built the common analysis workbook and ratio definitions
strategy consulting	*"No, it was a course assignment."*	Unsupported	a four-person comparative assignment
to transform four companies' investment plans	*"I don't have a measured business outcome."*	Unsupported	Remove
completed one company's analysis (added)	*"… completed the research on my assigned company."*	Self-reported	Keep
Reflection: "Bear is a natural leader."	*Nothing. Bear never described leading the group.*	Interpretation	Remove. Use Bear's own reflection instead

✓ **What Bear approved**

Built the common analysis workbook and ratio definitions for a four-person comparative assignment, completed one company's analysis and helped integrate the group's presentation.

⚠ **Watch for the flattering extras**

Personality labels, invented scope and "transformed" outcomes slip into drafts because they sound like CV language. Prompt 4 tells the AI to flag them before you're asked to approve.

Stage 4, worked example

The record before and after

Here's E01 itself, not just the CV line. The changes are small, and they're what make the story safe to tell.

`E01_monthly_process.md`

v0.1 **Draft for review**

Outcome	~~Saved six staff hours every month.~~
Ownership	~~Bear led the automation.~~
Suggested CV line	~~Led a company-wide automation programme, eliminated processing errors and saved six hours every month.~~
Dates	Not recorded
Change history	v0.1: Drafted from the Stage 3 conversation.

→

`E01_monthly_process.md`

v0.2 **Approved**

Outcome	Team planning estimate: about 10 staff hours a month before, about 4 after, so about 6 a month. Estimated, not measured after release. No audited baseline.
Ownership	Shared idea with the lead. Bear compared the rules, prepared three synthetic test cases, built and tested the routine and added an exception log. Lead supported scoping and approval; senior colleague agreed the revised rule; others owned quality assurance and release sign-off.
Suggested CV line	Helped develop and test an updated monthly exception-checking routine after identifying a rule mismatch; a team planning estimate suggested around six staff hours of monthly work could be reduced.
Dates	Month and build time not remembered
Evidence	Six hours a month: Estimated. Bear's answer in the E01 session (team planning estimate).
Open questions	Actual realised hours; error rates; variation by month; how much came from the rule change versus the scripting.
Change history	v0.1: Drafted from the Stage 3 conversation. v0.2: Removed "led", company-wide scope and error elimination; labelled the six hours as a team estimate. Approved by Bear.

~~Struck through~~ removed in the check. Marked added or narrowed.

What "Approved" means

It means Bear checked every line against what Bear remembers and said so. It doesn't mean anyone else has verified it. E02 went through the same check and is also at v0.2, Approved.

E01

Interview card

Monthly exception-processing improvement

Memory cue

“Check the rules before making them faster”

Situation and decision

Each month a team worked through recurring exceptions with spreadsheet checks and database extracts. Before automating, Bear questioned whether the inherited rules still matched an updated category definition.

What Bear did

Compared the current procedure with the old logic; prepared three synthetic boundary cases; took them to the senior colleague; built and tested the revised routine; added an exception log for reviewers.

Others: Lead supported scoping and approval. The senior colleague agreed the revised rule. Others owned quality assurance and release sign-off.

Results and limits

Handed over for monthly use after testing. Team planning estimate: about 10 staff hours a month before, about 4 after, so around 6 a month. **Estimated, not measured after release.** No audited baseline.

About 30 seconds

“At a previous analyst job, I worked on a monthly process that involved a lot of repeat checking. When we considered automating it, I noticed that some of the old rules no longer matched an updated procedure. I brought a few test cases to the senior colleague who owned the original checks, and we agreed the revised logic. I built and tested the routine and added exception logging. What I learnt was to check whether a process still makes sense before making it faster.”

About 60 seconds

“In an analyst role, our team spent time every month working through recurring exceptions using spreadsheets and database extracts. My lead and I discussed automating the repetitive checks. As I compared the existing logic with the current procedure, I found a category change that the original checks did not fully cover. I made three synthetic test cases to show the difference and went through them with the senior colleague who maintained the old process. We agreed the correct handling before I wrote the revised routine. I tested the normal and boundary cases, added exception logging for the reviewers and handed it over for the team’s release checks. Our planning estimate suggested a reduction of around six staff hours per month, although we hadn’t measured consistent post-release savings. The useful lesson for me was that automation starts with understanding the process, not copying it.”

Questions it can answer

- Improving a process
- Challenging an assumption
- Working with a more experienced stakeholder
- Verifying an analytical conclusion
- Balancing speed with traceability
- Learning from an existing system

Likely follow-ups

- How did you estimate the hours?
- Who had final approval?
- How did you test it?
- What did you personally build?
- What if the colleague still disagreed?

Still unresolved

- Actual realised hours and error rates
- Variation by month
- Rule change versus scripting effect
- Month and build time

For a pure teamwork question, E02 is the better choice.

E02

Interview card

Comparative company analysis

Memory cue

“Agree what the numbers mean first”

Situation and decision

Four students compared four consumer-goods companies from public reports for a management module. Early ratios used different definitions and periods, so the first chart looked comparable but wasn’t.

What Bear did

Owned the shared comparison workbook; built a reference sheet with each ratio’s definition, source and financial period; asked teammates to check their inputs; analysed one assigned company.

Others: Each teammate analysed one company. The conclusion and presentation were developed jointly, and the team changed Bear’s over-absolute closing line.

Results and limits

Assignment completed and presented. Lecturer feedback: state the central conclusion earlier. **No grade, client or business outcome recorded.**

About 30 seconds

“In a four-person university project, we compared four consumer-goods companies. I built the common workbook and realised our initial ratios weren’t comparable because we had used different definitions and reporting periods. I made a reference sheet, checked the inputs with the others and completed my assigned company analysis. We then developed the conclusion together. It showed me how much the quality of a recommendation depends on agreeing what the numbers actually mean.”

About 60 seconds

“For a management assignment, my group of four had to compare the performance of several consumer-goods companies. We divided the initial research, but when we brought it together I spotted that our ratios used different reporting periods and definitions. I owned the common workbook, so I built a reference sheet recording each ratio’s formula and source, and worked with the others to make the comparisons consistent. I also completed the analysis for my assigned company. During the presentation preparation, the team challenged a conclusion I’d suggested because it sounded too absolute, so we changed the wording without losing the evidence. We delivered the presentation, and the lecturer’s main feedback was that we should have stated the conclusion earlier. I learnt to check comparability before drawing a conclusion, and to explain it in language the audience can use.”

Questions it can answer

- Teamwork
- Dealing with inconsistent evidence
- Analytical problem-solving
- Receiving feedback
- Integrating parallel workstreams
- Influencing without formal authority

Likely follow-ups

- What was in the common workbook?
- Which formulas differed?
- Who proposed the conclusion?
- What changed after feedback?
- Was this a live client engagement? (No.)

Still unresolved

- Which exact ratios differed
- The mark, which is deliberately not included

For a question about working with someone senior, E01 fits better.

When it goes wrong

The usual snags, and what to do about each one.

It made me sound more impressive than I was.	Run Prompt 4. It has to quote what you said behind each claim. That's how Bear's "led a company-wide programme" disappeared (page 28).
I can't remember the details.	Say so. Bear couldn't remember the month or the build time, and the record says "not remembered". A gap is better than a guess.
It asks five questions at once.	Reply: "One question at a time, please, and wait for my answer."
I have a number but I'm not sure it's real.	Ask where it came from. If it's a projection, label it as one, the way Bear's six hours is a team estimate.
My story has no number at all.	That's fine. E02 has none and it's still a strong story. Don't let the AI invent one.
The new chat has forgotten everything.	Normal. Attach Career_bank.md and your record, then use Prompt 7 (page 15).
It says it saved a file, but I can't find it.	Only trust files you can open or download. Ask for the complete Markdown in the chat and save it yourself.
I've got two versions of the same record.	Attach both, ask the AI to list every difference, decide which is right and keep one current file.
My story doesn't fit the question.	Pick a different story. The coverage table on page 17 shows how Bear chooses.

Templates to copy

Paste these into your first chat if your AI doesn't create the files itself. The same text is in the Markdown prompt pack.

Career_bank.md

```
# Career bank
Version: v0.1
Approval: Draft for review
Privacy: Private by default

## Direction note
Confirmed:
Possible:
Open:

## Experience index
| ID | Heading | Record | Status | Useful
question |
| --- | --- | --- | --- | --- |
| E01 | | E01_short_name.md | Heading only |
|

## Next actions
-

## Change history
- v0.1:
```

Statuses: Heading only, In progress, Draft for review, Approved.

E##_short_name.md

```
# E01: [Exact title]
Version: v0.1
Approval: Draft for review
Privacy: Private by default
Dates: [if known]

## Context and timeline
Confirmed:
Not remembered:

## My actions and decisions
What I did:
What others did:
Key decision or disagreement:
Alternatives considered:

## Outcomes and evidence
Observed or reported:
Estimated (how and by whom):
Unknown:

## Evidence list (one line per kept claim)
- [claim] | [category] | [source]

## Reflection
What I learnt, in my words:

## Open questions
-

## Privacy boundaries
Keep private:
Never include: real client names, private
records,
confidential documents

## Interview navigation (added after
approval)
Memory cue:
Questions it can answer:
30-second answer:
60-second answer:
Likely follow-ups:
Source limits to remember:

## Change history
- v0.1:
```

About this guide

One honest story is enough to start.

Frog comes from how I prepared for my own career applications. I used an extended form of this process to go back through my experiences, build a detailed story bank and prepare for several different types of interview. The questioning turned up decisions and examples my CV had flattened into one line.

This public guide is a portable version for you to try and adapt. It's a method, not a promise. It hasn't been independently tested, and it doesn't guarantee interviews or offers.

Bear and both of Bear's stories are fictional. The organisations are unnamed and the figures are invented for illustration.

Keep your latest approved files somewhere safe, and bring them to every new chat.

Kushagra Gupta

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Web version: leviathan3307.github.io/frog-framework