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STOP RAMBLING GUIDE

The 30-Second Answer

Say what you mean, say it once, and stop. Answer any question, on the spot, without losing the room.

STEP 1 | START HERE

Watch my quick walkthrough first



Loom video link

Why you ramble

You start talking before you know your point, so you search for it out loud. The fix: lead with the point, then back it up. Four moves, in this order.



POINT

Answer in your first sentence.



REASON

Give one "because."
Just one.



EXAMPLE

One quick story or
detail that proves it.



STOP

Land it in a few words.
Then stop talking.

Same question, two answers

Q: "What do you do for fun?"

RAMBLING

"Uh, I mean, I do a lot of stuff, like sometimes the gym, sometimes games, it kind of depends, like last week I was gonna go but then my friend... anyway, it depends, so yeah."

30-SECOND ANSWER

- P** Mostly lifting. It's my reset.
- R** It's the one hour my head goes quiet.
- E** Rough day last week. Hit the gym, walked out a different person.
- S** That's why lifting is my go-to.

20 questions. No prep. 30 seconds.

The framework only works under pressure if you practice under pressure. Do 3 reps a day:

- 1 Pick a random number from 1 to 20 (or have a friend pick).
- 2 Start a 30-second timer and a voice memo at the same time.
- 3 Answer using Point, Reason, Example, Stop. No restarting.
- 4 Play it back once. Fix one thing on the next rep.

- | | |
|---|--|
| 01 What's something you're better at than most people? | 11 What's a goal you're working on right now? |
| 02 What's the best advice you've ever gotten? | 12 Gym, sports, or games: which one, and why? |
| 03 What would you do with a free Saturday and \$200? | 13 What's the best trip you've ever taken? |
| 04 What's a skill you wish you learned earlier? | 14 What instantly makes your day better? |
| 05 What's your go-to food order, and why? | 15 What job would you be terrible at? |
| 06 Who's someone you look up to? | 16 What's a show or movie everyone should watch? |
| 07 What's a hot take you'll defend? | 17 What's a habit you're trying to build or break? |
| 08 What's the hardest thing you've done this year? | 18 What makes someone a good friend? |
| 09 What's one thing people get wrong about you? | 19 Tell me about yourself. |
| 10 If you could master one skill overnight, what would it be? | 20 Why should we hire you? |

#19 and #20 are the boss level. Nail those and you can handle any interview or first meeting.

STEP 3 | BUILD ONE ANSWER

Write it out once. Then say it.

Question #

POINT | my answer in one sentence

REASON | because...

EXAMPLE | one story or detail

STOP | how I land it

Self-check after each rep

- ☐ My point was in the first sentence.
- ☐ I gave one reason, not three.
- ☐ I finished under 30 seconds.
- ☐ I stopped clean. No "so yeah" or "um, anyway."

Biggest fix for my next rep:

Want me to listen to your reps and tell you exactly what to fix?

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