SAMPLE

Excerpt from: The 21-Day Interview Prep Challenge

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SKILLQUESTERS



21-Day Interview Prep Challenge

One focused task per day.

Walk in over-prepared.

2026 Edition

skillquesters.com

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How This Challenge Works

21 days, 30-60 minutes a day

Interviews are won before you walk in. This challenge gives you one focused mission per day for 21 days. Each day builds on the last: research, stories, practice, polish. By Day 21, you will have answered 50+ questions out loud, built 8 STAR stories, researched your target companies, and rehearsed salary negotiation.

The rules:

- **Do the days in order.** Each day assumes the previous days are done.
- **Speak out loud.** Thinking answers is not practice. Say them — to a mirror, a friend, or your phone recorder.
- **Time yourself.** Most answers should land in 60-90 seconds. Rambling kills offers.
- **Missed a day?** Do not double up. Just continue — 21 days of imperfect beats 7 days of perfect.

WHY IT WORKS: *Recording yourself answering questions feels awful and works incredibly. Your phone is the cheapest interview coach ever made.*

Your challenge tracker: Check off each day as you complete it.

- [ ] Day 1 complete
- [ ] Day 2 complete
- [ ] Day 3 complete
- [ ] Day 4 complete
- [ ] Day 5 complete
- [ ] Day 6 complete
- [ ] Day 7 complete
- [ ] Day 8 complete
- [ ] Day 9 complete
- [ ] Day 10 complete
- [ ] Day 11 complete
- [ ] Day 12 complete
- [ ] Day 13 complete
- [ ] Day 14 complete
- [ ] Day 15 complete
- [ ] Day 16 complete

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