

Story Hook Planner for AGT Auditions

Craft Your 15-Second Story to Shine on America's Got Talent or
Canada's Got Talent

Created by AGT Audition Guide

Share your journey: #AGTAuditionJourney on X

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Welcome to Your Story Hook Planner

Your story is your superpower on America's Got Talent (AGT) or Canada's Got Talent (CGT). A 15-second story hook—a short, heartfelt intro—can make judges and audiences connect with you instantly, just like Nightbirde did in AGT 2021 or Jacob Lewis in CGT 2025. This planner guides you to craft a story that's authentic, emotional, and unforgettable, even if you've never told your story before.

Why It Matters: Judges like Simon Cowell and Howie Mandel want to know *why* you're on stage. Your story hook sets the tone for your act, making it more than just a performance—it's a moment.

How to Use This Planner:

- Answer the prompts to uncover your story.
- Write a draft hook (10–15 seconds when spoken).
- Practice and refine with our tips.
- Share your progress on X with #AGTAuditionJourney!

Step 1: Find Your Story

Answer these prompts to dig into your unique journey. Be honest—authenticity wins hearts. Write 1–2 sentences per question.

Q1 What's your passion, and why do you love it? (e.g., "I've sung since I was five because it helps me express joy.")

Q2 What challenge have you overcome? (e.g., "I battled stage fright to perform at my school talent show.")

Q3 What dream drives you to audition? (e.g., "I want to inspire others to chase their dreams.")

Q4 What's a personal moment tied to your talent? (e.g., "My grandma taught me to dance, and I honor her memory.")

Your Answers:

Q1:

Q2:

Q3:

Q4:

Step 2: Craft Your 15-Second Story Hook

Now, combine your answers into a short, powerful story (2–3 sentences). Aim for 10–15 seconds when spoken aloud—about 30–40 words. Focus on one key idea (e.g., passion, overcoming odds,

honoring someone).

Template:

“My name is [Your Name], and I’m here because [your passion or dream]. [Share a challenge or personal moment]. I’m performing to [your goal or why it matters].”

Example 1 (Nightbirde, AGT 2021):

“I’m Nightbirde, and I’m here because music is my hope. I’m fighting cancer, but singing keeps me strong. I’m performing to show you can shine through anything.”

Example 2 (Jacob Lewis, CGT 2025):

“I’m Jacob Lewis, and singing is my heart’s voice. Growing up in small-town Newfoundland, I faced doubts, but music lifted me. I’m here to inspire others to dream big.”

Your Draft Hook:

My name is

Step 3: Refine and Practice

Use these tips to polish your hook and deliver it with confidence.

- **Keep it short:** Cut extra words. Aim for 10–15 seconds (time yourself).
- **Be real:** Speak from the heart, like you’re telling a friend.
- **Add emotion:** Highlight one feeling (e.g., hope, joy, determination).
- **Practice aloud:** Rehearse in front of a mirror or record yourself. Adjust for natural flow.
- **Test it:** Share with a friend—does it connect? Tweak based on feedback.

Practice Log:

Date:	Time Practiced:	Notes:
Date:	Time Practiced:	Notes:
Date:	Time Practiced:	Notes:

Step 4: Shine on Audition Day

Your story hook is ready! Here’s how to nail it:

- **Introduce yourself:** Start with your name and a smile.
- **Deliver clearly:** Speak at a steady pace, making eye contact with judges.
- **Transition smoothly:** End your hook with a lead-in to your act (e.g., “That’s why I’m singing today”).
- **Stay calm:** If you stumble, pause, smile, and continue—judges love resilience.

Audition Day Checklist:

Memorize my story hook

Practice with a timer (10–15 seconds)

Rehearse transition to my act

Pack water and a backup script

Join the Community

Your story can inspire others! Share your hook or audition prep on X with #AGTAuditionJourney. You could be featured in our next article, like Sarah, who said: “This planner helped me find my voice!” Visit [AGT Auditions](<https://americasgottalentauditions.com>) for 2026 open calls, and keep practicing.

Share Your Story:

My hook is ready! I'll post it on X on (date):

Notes or ideas for my post:
