

WRITING ABOUT YOURSELF WORKSHEET

Thanks for downloading this worksheet from <https://personalstatementplanet.com>. I'm delighted you found it, and I really hope it helps you on your journey. To help you write about yourself effectively, I've divided this worksheet into 3 sections. Each section contains prompts to get you thinking about yourself in different ways, ready for you to develop your personal statement or application.

QUESTIONS TO ASK YOURSELF

Your answers might not feature directly in your personal statement, but they are great prompts for getting you thinking about your values and ambitions. Once you've got some answers, you can use them to justify your choices and add weight to your suitability...

- How happy am I?
- What is most important to me?
- What do I like best in my life?
- What do I want to change in the world?
- How do I learn?
- How do I express myself?
- What am I afraid of?
- What motivates me?
- How do I choose friends?
- When do I make mistakes?
- Why do I feel lonely?
- What makes me angry?
- What am I skilled at?
- How am I valued?
- What do I enjoy?
- Who do I admire?
- What am I inspired by?
- Who do I look up to?
- How do I define myself?
- What challenges me?

PROMPTS TO DEVELOP

By finishing each of these prompts, you'll discover more about yourself; what drives you, what you believe in and what holds you back. Use what you write to justify the points you make in your personal statement and add individuality to your writing.

- I believe in...
- I like...
- I argue against...
- I support...
- I encourage...
- I fear...
- I deny...
- I dream about...
- I aspire to...
- I am challenged by...
- I hope for...
- I regret...
- I remember...
- I hope to...
- I can't...
- I plan to...
- I demand...
- I forgive...
- I am best at...
- I work well when...

QUESTIONS TO ASK OTHERS

Asking others for their feedback is a very effective way of generating material when you're trying to write about yourself. Take their answers on board, identify your strengths and potential from what they've said, and use those ideas to communicate your value to the reader of your personal statement.

- What are my strengths?
- What are my best qualities?
- How ambitious am I?
- What do I prioritise?
- What are my goals?
- Who would play me in a movie of my life?
- How would you describe me?
- What are my weaknesses?
- How would I describe myself?
- Am I a positive or negative person?
- What are my positive contributions?
- What could I do better?
- What patterns do I repeat in life?
- What holds me back?
- What career am I best suited to?
- When am I at my happiest?
- What do I value most?
- What advice would you give me about uni?
- What should my superpower be?
- How could I improve my relationships?

Summarise all the responses you've got and identify 4 or 5 key traits, qualities or ambitions, and make sure that you focus on these as you write your personal statement. There's examples of how this works at <https://personalstatementplanet.com/how-to-write-about-yourself-personal-statement-tips/>.