

Application Essay Strategy Worksheet

A one-page “spine + receipts” worksheet + 60-second self-check.

“Spine + receipts” worksheet

Fill this in before drafting. The goal is clarity + proof — not perfect sentences.

Section	Fill-in
Promise (1 sentence)	
Receipt #1 (action + outcome)	
Receipt #2 (action + outcome)	
Receipt #3 (action + outcome)	
Stakes (why it mattered)	
Campus tie (how I'll show up)	

60-second self-check

- I picked ONE main story (not a résumé list).
- I named a clear decision point (what I chose to do next).
- I included 2–3 concrete proof points (dates, names, numbers, constraints).
- I showed an outcome (what changed because I acted).
- I ended with forward motion (how I show up now).