

# 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
<b>Promise (1 sentence)</b>	<hr/> <hr/>
<b>Receipt #1 (action + outcome)</b>	<hr/> <hr/>
<b>Receipt #2 (action + outcome)</b>	<hr/> <hr/>
<b>Receipt #3 (action + outcome)</b>	<hr/> <hr/>
<b>Stakes (why it mattered)</b>	<hr/> <hr/>
<b>Campus tie (how I'll show up)</b>	<hr/> <hr/>

## 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).