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# Personal statements

**Think of three words to describe yourself**

- 1.
- 2.
- 3.

**Swap, and ask someone to write three words to describe you**

- 1.
- 2.
- 3.

**Next, list any of your skills and achievements**

- Example: Public speaking
- Example: Delivering a business plan for Young Enterprise

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**Now, list any hobbies, interests or social activities**

- Example: Part of a football team
- Example: Travelling

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**Finally, take two of these and try the ABC method**

Example:

**Activity** - playing on a football team

**Benefit** - developed teamwork skills, motivated others, leadership

**Course** - understand the importance of good leadership and how this can help make teams and businesses more successful

Activity

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Benefit

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Course

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Activity

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Benefit

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Course

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