

Personal Statement Worksheet

Opportunity Pakistan · opportunitypakistan.com/guides · Answer in rough notes first. Good essays come from specific moments, not big claims.

1. Understand the question

Copy the exact prompt here:

What is it really asking? Underline the key words. Word limit: _____

2. Find your material

A moment when you got so interested in something that you lost track of time:

A problem you tried to solve on your own (at school, at home or in your community):

Something you've read, watched or built that changed how you think:

A responsibility you carry (family, work, a club) and what it taught you:

3. Choose one story

Which answer above has the most specific detail? _____

What did you do (actions, not feelings)? _____

What did you learn or change afterwards? _____

4. Connect it to the program

Two specific features of the program from its official website:

1. _____

2. _____

How each connects to your story: _____

What you'll contribute to other students: _____

5. Outline

Opening: start in the moment (one or two sentences)

Middle: what you did and why it mattered

Turn: what you learned or what changed

End: why this program is the right next step

6. Revision checklist

- ☐ The first sentence answers or sets up the question
- ☐ Every paragraph includes a specific detail only you could write
- ☐ No sentences that could appear in anyone's essay ("I have always been passionate...")
- ☐ Within the word limit
- ☐ Read aloud once; read by one trusted person
- ☐ The correct program name everywhere