Reusable personal-statement and adversity-essay bank

A private bank of your own stories and evidence, so you can reuse facts you already wrote instead of starting from zero for each award or application. It does not write the essay for you.

NAME

DATE

MY STORY BANK

Story title	Theme (challenge, work, community, studies, other)	What happened (facts only)	What I learned or changed	Evidence I can prove	Awards or programs I have used it for	Last reviewed

BEFORE I REUSE A STORY

Facts I must not invent or exaggerate.

Reusable personal-statement and adversity-essay bank (continued)

Sentences I can reuse, in my own words, that still need a fresh opening for each prompt.

What this prompt is actually asking, and which story fits without stretching.

Keep this sheet private. Each application still needs an answer that fits that prompt. Do not submit the same unchanged essay when the question is different. Nothing here is a template to copy from someone else.