



Thometz Life Coaching

#6 Essay Writing Worksheet - Template - First Draft

1. *Cut and paste the essay prompt at the top of your page. Delete Later.*
2. Your first sentence should be simple and declarative. Invite your reader into your world. *Don't repeat the prompt in this sentence. No "ing" words, flashbacks, or quotes from other writers.*
3. Take the reader on a journey. You don't need to know where the essay is going. Just write! In her book, Rachel Toor says, *"We don't write to be understood but to understand. In other words we write to find out what we think."* Go crazy on your first draft!
4. There is the story and the situation (what you learned). Don't tell us who you are, tell us how you got to be who you are.
5. "What I came to understand. What I realized, etc."
6. What happens in your story matters less than what you learned.
7. Look for connections, make leaps, let your mind wander, keep digging.
8. End up somewhere.

Start Here.

**You May Think
You'll Finish Here.**

**But, Hopefully You'll
End Up Here.**