

TOLENTINO TEACHING

SELF-REFLECTION

Writing Prompts



Design Your Life

INTRODUCTION

Hi, I'm Brian Tolentino.

Over the years I have learned that students like to write about themselves. Teenagers are at an important stage of identity formation. Dwelling on who we are and who we want to become is empowering and stress-reducing. It helps give us agency and a vision.

These prompts were created to help students answer common interview questions, reflect, and—most importantly—take control of their lives.

As C.S. Lewis said, “Whenever you are fed up with life, start writing: ink is the great cure for all human ills, as I have found out a long time ago.”





Contents



4. Choose five adjectives to describe yourself.
5. Describe your creative side.
6. Write one aspiration of yours.
7. Best advice you have ever received.
8. Write about a time you demonstrated grit.
9. How can you demonstrate leadership?
10. What does success mean to you?
11. How do you deal with stress?
12. Where do you see yourself in five years?
13. What is your greatest weakness?
14. What is your greatest strength?
15. So tell me a little bit about yourself.
16. Describe a time that you demonstrated leadership.
17. Turn your greatest accomplishment into a story.
18. Write about a time you were embarrassed.
19. What is one thing you are optimistic about?
20. Write about a view that captivated you.
21. What makes you come alive?
22. What are three things you are grateful for?
23. Describe your hometown.
24. Write about song that uplifts you.
25. Tweet your life story.
26. What if fear was not a barrier?
27. What inspires you?
28. How do you handle a bad day?
29. What do you love about yourself?
30. What do you want to be an expert on?



A person with long blonde hair, wearing a black top, is sitting on a wooden pier or dock. They are facing away from the camera, looking out over a vast, calm blue ocean. In the middle distance, a white buoy floats on the water. The sky is a pale, hazy blue, suggesting a clear day. The overall mood is serene and contemplative.

**CHOOSE 5
ADJECTIVES
TO DESCRIBE
YOURSELF**

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*Describe Your
Creative Side*

Write One Aspiration of Yours



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WHAT IS THE BEST PIECE OF ADVICE YOU HAVE EVER RECEIVED?



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WRITE ABOUT A TIME THAT
YOU DEMONSTRATED

Grit



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HOW CAN YOU
**DEMONSTRATE
LEADERSHIP?**

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WHAT DOES SUCCESS MEAN TO YOU?



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How do you deal with stress?



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**Where do you
see
yourself in 5
years?**



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What is your greatest weakness?



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A woman with long, straight blonde hair is shown in profile, facing left. She is wearing a black, ribbed sports bra. The background is solid black. The text is overlaid on the left side of the image.

*WHAT IS
YOUR
GREATEST
Strength?*

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**SO TELL ME A LITTLE BIT
ABOUT YOURSELF...**



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**DESCRIBE A TIME THAT
YOU DEMONSTRATED
LEADERSHIP**

TURN YOUR GREATEST ACCOMPLISHMENT INTO A STORY



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WRITE ABOUT A TIME YOU WERE EMBARRASSED



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WHAT IS ONE THING YOU
ARE **OPTIMISTIC** ABOUT?



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*Write about a View
that captivated you*



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**What
makes
you
come
alive?**



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What are three
things you are
grateful for?



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A scenic view of a paved road stretching into the distance, flanked by green fields and mountains under a blue sky. The road is dark asphalt and leads towards a horizon with rolling hills and mountains. There are a few people on motorcycles in the distance. The sky is clear and blue.

Describe your hometown

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*Write
about a
song
that
uplifts
you*

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**TWEET
YOUR
LIFE
STORY**

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**WHAT IF
FEAR
WAS NOT A
BARRIER?**

What inspires you?



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HOW DO YOU HANDLE A BAD DAY?



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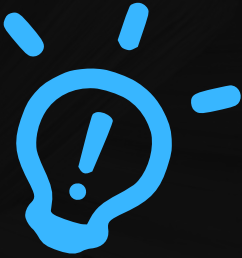


What do you love about yourself?

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What do you want
to be an
expert on?

[Click her for the video prompt](#)



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[Click here for the answers!](#)

[You don't have to do any writing](#)

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