Preparing Your Personal Narrative: 8 Questions to Help Tell Your Story

1. What would you and others say are your five best personal attributes?

2. What are the three most interesting things you have done or that have happened to you?

3. How and why did you decide to pursue a career in medicine?

4. What three accomplishments are you most proud of from current position or past experiences?

5. What obstacles have you overcome to get where you are today, both professionally and personally, and what essential lessons have you learned from some of your mistakes?

6. What training/education have you completed and what did you gain from those experiences?

7. What professional organizations are you associated with and in what ways… member, board, treasurer, or the like (this can include time spent as a Chief Resident, service on hospital committees, etc)?

8. How do you spend your time outside of work, including hobbies, interests, sports, family, and volunteer activities?

Adapted by From BRAG! The Art of Tooting Your Own Horn Without Blowing It by Peggy Klaus, Warner Books, ©2003.