

# Brag Page

It's time to brag about yourself. Write about the achievements, talents, accomplishments and rewards of your lifetime – and don't be modest.

## **Getting Started**

1. What moments in your life have most pleased you? When have you been most proud of yourself? Perhaps you saved a dog's life, climbed a mountain, caught a fish, helped a friend in need, knitted a sweater, made a speech or learned to speak another language. What pleased you about what you did or about what happened?

2. What awards have you received in your lifetime? Perhaps you won a spelling bee, a blue ribbon at the county fair, a poetry contest, a dance contest, a most valuable player award for your softball team, or a perfect attendance certificate.

Be sure to mention trophies, plaques, certificates, cash prizes or other awards. Include recognition from schools, clubs, churches, charities, community organizations, hobbies, or other sources.

3. What are your talents, large and small? Perhaps you are known as a talented singer, a good cook, an interesting conversationalist, a versatile athlete, a gifted artist, or a great baby sitter. Perhaps you have a way with animals, an ability to tell jokes, a knack for finding bargains or an aptitude for leadership. Whatever your talents, tell about them.

4. What special skills help make you unique? Perhaps you can touch your nose with your tongue, recite the alphabet backwards, walk on your hands, do the splits or do a great Donald Duck imitation. Have some fun with this one.

5. When other people have complimented you over the years, what have they most often said? Perhaps they have complimented your smile, your sense of humor, your beautiful eyes, your organizational skills, your athletic ability, your strength, your long hair, your thoughtfulness or your energy. Tell about your most frequent compliments – and now is not the time to be modest!