# Personal Statement Brainstorm



Fill this in with notes, not sentences. The AMCAS essay is 5,300 characters with spaces (2027 AAMC applicant guide), so you're looking for 2-3 moments and one thread, not your whole resume.

## Moments that stuck with you

A moment with someone you were helping:

A time you felt out of your depth and kept going:

Something outside medicine that shaped you:

## Traits + the proof

Trait 1 + the story that shows it:

Trait 2 + the story that shows it:

## Why medicine, specifically

What you've seen doctors do that you want to do:

Why this and not nursing, PA, research or teaching:

Your answer in one sentence, to a friend:

## Your thread

The one idea every paragraph comes back to:

Opening: a real scene (not a quote or definition):

Readers (2-3 max) + date for each draft: