

Creating Your Own Bio Poem

Prompts	Brainstorm Your Answers
You name	
3-4 personal roles you have e.g. mother, wife	
3 words that describe your character	
What do you wish for?	
What do you dream of?	
What or who do you love?	
What do you fear?	
What are you afraid of?	
What do you believe in?	
What do you wonder?	
What do you hope to achieve?	
What are your plans for the future?	
3-4 professional roles you have e.g. book keeper, director	
Your name	

My Poem

Use my poem as an example to help you create your own.

Lisa,
Mother, wife, sister, friend.
Enthusiastic, intuitive and excitable.
Wishes for a self-cleaning house!
Dreams of living on the ocean,
Loves snuggles whilst listening to the rain.
Fears a boring life,
Is afraid of waterslides!
Believes in gut feeling.
Wonders if she'll ever win Monopoly?
Hopes to be the guiding light of content creation.
Plans to improve women's health through the written word.
Nurse, teacher, writer, entrepreneur,
Lisa.

I prefer to work with pen and paper when creating my bio poem. I draw out 12 boxes and write the question in each, then flood ideas onto the page. Once I've got lots of ideas I start to arrange them as lines of the poem.

Tip: be really specific!

Avoid generalisations such as 'wonders if they'll ever be a cure for cancer?' or 'Hopes for world peace'. These generic statements do nothing to share who you are as an individual, as most people could utter them! If you wish for a cure for cancer, then state the exact cancer or the person who you want to see cured, e.g. 'Wishes for a cure to brain cancer' or 'Wishes for a cure for Mum's cancer'.

I always construct a few versions, cutting and pasting lines till I like their order. It's important to me to get the right mix of light-hearted and serious statements.

Remember Your Purpose!

- Get creative
- Get personal

Enjoy the process and check back at Stella Polaris for more posts on writing your bio.

