



## The "I Hate Writing My Bio" Worksheet

I hate writing bios. It feels icky, gross, horrible. And then sometimes it's fun. *Really* fun. Your mission is to just write a CFD (crappy first draft - aka Half-Bake), and here's a recipe to make sure you include the basic ingredients. Do it imperfectly. Let it be totally crappy.

### **Name, Rank & Serial Number:**

Your Name:

Your Business/Avocation/Passion:

Your Website (or Web Home):

How do you self-identify? (A harpist, a creative adventurer, a ...?):

### **5 Things You've Done in Your Life**

They can be impressive, unexpected, contradictory. It doesn't matter.

- 1.
- 2.
- 3.
- 4.
- 5.

### **What are you Passionate About?**

**Your education? Meh. But you can add it. Some cool award? Sure, add it.**

**Your Instrument(s). What is it and why is it so cool?**

**Your Most Recent Big Thing** – what was it, where, when and why was it so great?

**Your Next Big Thing** – when is it, where, when - and why is it so great?



## PUT IT INTO A MAD-LIB TYPE FORMAT

### Fill in the Blanks:

<Your Name Here> is passionate about <describe what you're passionate about>.

As a <how you self-identify> she's <VERB of the thing you've done (appeared on/created/invented/studied at/ received/etc.)> <NOUN of the thing you've done – a description of thing you did/made/got/found/became>.

When she's not <describe what you're normally doing> you can find her <describe what you're doing when you're not do that normal thing>.

Her <instrument/format/medium> is a <briefly describe your instrument/format/medium> but what she does with it is <describe what you do that's different or unique to you>.

Her upcoming\* <project/book/program/collaboration> – <“title of your cool thing”> – hit(s) <YouTube/Soundcloud/Amazon.com/CarnegieHall> on <Date>. You can <buy tix/purchase now/sign up> at <ticketlink>.

<Learn more/Buy Tickets/Read About> her <ways people can engage with you> at <your website here>.

*[\*you can replace or add your most recent thing instead of or in addition to your upcoming thing]*

Here's an example:

Deborah Henson-Conant is passionate about burning food. As a perennially preoccupied cook, she started collecting her culinary disasters, framing them, and posting them on line along with stories of their creation. Thus was born BurntFoodMuseum.com, which has been featured on 'The Food Network,' NPR's "Splendid Table" and even 'The View.' When she's not burning meals, she's a performing composer best known for shrinking the classic 6-foot, 85 lb concert harp into an 11-lb electric body harp that she plays on tour with the likes of guitar legend Steve Vai, or orchestras like the Boston Pops. Her upcoming coffee-table book "Burning" hits Amazon.com in December 2016. But you don't have to wait to see – and hear - her burn up the concert stage, check out her tour page and her music at HipHarp.com.

*By the way, I'm not creating a coffee-table book of Burnt Food – I just made that part up.*



Now you fill in the blanks to write  
your own CFD Half-Baked Bio:



## Extra Credit:

**10 things Most People Don’t Know about Me (or my [fill-in-the-blank])** – this can be a fun list to have on the “About” page of your website:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## Some Fun Resources (ok, just one for now):

- **How to Write a Good Bio:** <http://scottberkun.com/2013/how-to-write-a-good-bio/>