

TAKE THE STAGE

A CREATIVE CAREER FRAMEWORK BY AYA HOJADOVA

BIO BUILDER

Bio Builder

Owning Your Story Without Overexplaining

AYA'S BIO NOTE

Your bio is not a performance. It's a professional introduction. Write one version for connection (first person) and one for platforms (third person).

1) Your Core Bio Notes

Use these prompts to gather the raw material.

Name + creative identity (role/lane):

Where you're based (and/or where you work):

What you're known for (or building toward):

Training or background that supports credibility:

2-3 relevant highlights (credits, projects, achievements):

1.

2.

3.

A humanizing detail (optional, but memorable):

Your creative direction right now (what you're calling in):

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Bio Builder, continued

2) First-Person Bio (connection tone)

Write 5-8 sentences. Keep it real. Keep it clear.

3) Third-Person Bio (platform/professional tone)

Write 4-7 sentences. Keep it clean and credible.

4) One-Line Version (for quick intros)

If I only had one sentence, I'd say:

5) Consistency Check

Does my bio match the presence I'm authoring?

☐ Yes ☐ Almost ☐ Not yet

One small refinement I'll make this week is:

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Pause & Integrate

INTEGRATION NOTE

Do not just write the bio and move on. Let the exercise show you what is becoming clearer, what needs refinement, and what next step will help your presence match your story.

Pause & Integrate

What did you discover about yourself?

What action will you take this week?

What identity are you stepping into now?

NEXT STAGE ACTION

Choose one version of your bio to refine this week, then place it somewhere visible: your website, portfolio, social profile, press kit, or submission materials.

CONTINUE THE WORK BEYOND THE PAGE

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