

This article was taken from a Coaching article from Pageant Daily. It's a great article about the importance of describing who you are with *examples*, rather than just descriptive *adjectives*. The article is titled:

“What words NOT to use to describe yourself”.

When you're preparing for your interview, introduction or just to talk to others in general, it's best to avoid some words so that you're not coming off in a negative way or don't really play to your strengths. Here are 4 words you should most definitely avoid using during pageant weekend and why.

Unique

We all know that each contestant is unique. Each person is different from the next right down to the very DNA that makes them... So instead of making a blanket statement that you're unique, tell the judges what makes you so different from the rest of the contestants.

Creative

I can guarantee you that every contestant is going to say that she is creative. Instead, talk about a project that you've done for your community or something that you've made to show that you're creative.

Hard-working

What makes you so hard-working? What makes you better than the next contestant? In fact, we'd venture to guess that most, if not all, contestants are hard-working. Try to use examples that will elaborate on your work ethic rather than just saying that you're hard-working.

Successful

I'm pretty sure that every contestant at pageant weekend is successful. After all, if she wasn't, she probably wouldn't be competing at the pageant. Just like the rest of these words, explain what makes you successful. What have you done leading up to pageant weekend that can be deemed as a success and why should the judges care?

By giving examples that describe each of these words rather than just using these words, it'll help open up the conversation with the judges and let them learn more about you than just a blanket statement would.