



PAGE A WRITER

FOR EVERY WORD AT STAKE

ESSAY ME HEALTHY: RESSURRECTING THE EMACIATED ESSAY

Isang araw, habang stressed na stressed ka, nakasulat ka ng essay na hindi lang kulang sa content—kulang na kulang din sa kaluluwa. Your essay was so unhealthy, kailangan na niya ng Gatorade, Yakult, at konting dasal. Maputla ang thesis, payat ang argumento, at ang grammar? Haler, parang sumuko na sa laban.

But don't worry. Your story has a happy ending. Kasi nga, may paraan para buhayin ang essay na halos ICU-level ang kalagayan. All you needs is a strong dose of **Essay Me Healthy**.

Diagnosing your Sick Essay

Meet Edna Essay. Pinanganak siya mga 2AM, fueled by 3-in-1 coffee, panic, at blind faith. She opened with "Since the beginning of time..."—red flag agad. Her thesis? Para lang siyang namamasyal, walang direksyon. Her body paragraphs? Nagra-rambulan ng random thoughts. At ang conclusion? Basta na lang nagpaalam—"Ok na siguro 'to."

Kawawa si Edna. Emaciated. Malnourished. Walang laman. Walang direction. Para siyang nag-fasting ng one week sa ideas. Her paragraphs had no weight. Her citations were missing. And don't even ask about coherence. Parang group chat na walang moderator.

Signs Na Patay-Gutom ang Essay

Here's a checklist ng unhealthy essay symptoms:

- **Vague thesis:** Hindi mo alam kung anong pinatutunayan mo. "Love is important" — okay, pero bakit? Kanino? Sa'kin ba?
- **Overused clichés:** "Life is a journey," "Through thick and thin," at "As time goes by..." Ay naku, parang theme ng yearbook.
- **Walang structure:** Tuloy-tuloy lang, walang paragraphs na maayos. Parang walang brakes.
- **Rushed conclusion:** "So ayun na nga." Ganern?!

Clearly, kailangan nating i-**Essay Me Healthy** 'tong sulatin mo!

Essay Me Healthy: Ang Writing Gym Plan

Kung gusto mong maging fit and fab ang essay mo, kailangan ng effort. Walang crash diet dito. Think of this as your 30-day essay glow-up. Bibigyan natin ng laman, ng hugis, at ng confidence ang bawat sentence. *Parang ikaw kapag na-in love ulit.* Char.

1. Feed Your Essay a Proper Thesis

Ang thesis ang puso ng essay mo. Kung mahina yan, lahat sablay. Don't write "This paper will discuss..."—ano 'yan, syllabus? Instead, go straight to the point. Like, "The portrayal of trauma in Filipino indie films reflects deeper societal wounds caused by poverty and colonial mentality." O diba, lakas maka-intellectual?

I-**Essay Me Healthy** mo ang thesis mo! Protein yan ng essay mo, bes.

2. Build Muscle with Strong Paragraphs

Bawat paragraph dapat may core. Start with a topic sentence—para siyang barbell na magbubuhay ng buong idea. Follow with evidence. Then analyze. Wag lang puro quotes na walang analysis. Hindi 'to Instagram na puro reposts. Mag-comment ka. Mag-explain. Mag-react.

At huwag kalimutan ang transitions. Kung walang "On the other hand..." or "Moreover..." parang walang tulay. Malulunod ang reader sa ligaw na thoughts.

3. Conclusion with Conviction

Wag kang aalis ng walang paalam! I-wrap up mo ng maayos. Hindi pwedeng “So yeah, gets niyo na ‘yun.” Summarize, synthesize, tapos bigyan mo ng lakas ang huling linya. Pwede kang mag-rhetorical question. Pwede rin ng konting hugot. Basta wag lang bland, bes.

End strong, kasi ito na ‘yung *walk out shot* mo. Hindi pwedeng hindi memorable.

Edna’s Glow-Up: Before and After

Before **Essay Me Healthy**, Edna looked like she hadn’t seen a grammar book since 2012. Meron siyang mga sentence na “The reason why is because...” Hala. Tapos may quote siya from “randomcommenter22” sa Facebook. Ay sus.

Pero after the transformation? Edna’s thesis were sharp, her paragraphs, solid, her transitions, smooth, at her formatting, pang-palanca (Uy ambisyoso). MLA pa ‘yan. Kakagulat yan ha. Baka maiyak ka rin sa tuwa (O baka napagod ka lang sa dami ng revision na ginawa mo.)

Four-Step Essay Me Healthy Challenge

Kung gusto mong ma-achieve ang level na ito, just do these:

1. **Mag-outline:** Bago ka mag-sulat, plano muna. Para hindi kang maligaw sa gitna. Don’t worry kung di ka marunong mag-outline. I-outline mo yung alam mong gusto mong nasa outline (huh?)
2. **Basahin nang malakas ang essay mo:** Kung ikaw mismo nalito sa binasa mo, lagot na.
3. **Tanggalin ang mga fillers:** Wag kang maglagay ng 200 words na parang filler episode ng teleserye.
4. **Edit like a Tita fixing her Christmas décor:** Maingat, meticulous, walang palagpas.
5. **Ending with Energy (at konting asar)**

Let’s face it—lahat tayo sabog ang essay sa unang draft. Yung tipong kinabukasan mo lang nabasa uli, tapos napa-“**OMG ipapa-publish ko to?**” ka sa huli. Pero change is possible. Pwede mong i-**Essay Me Healthy** kahit isang milya pa ang layo sa publication prospect ng essay na ito.

So go. Feed your essays. Flex your grammar. Lift with your logic. Sprint with your syntax. At higit sa lahat, wag kang papayag na maging Edna pre-glow-up. Kasi hindi tayo dapat mediocre. Writer tayo. Di puwede ang puwede na. Kaya nating mag-**Essay Me Healthy**.

JOURNAL ENTRY IN 100 WORDS

(may revise using the checklist¹)

JOURNAL ENTRY	REVISION CHECKLIST
<i>The first time I climbed a mountain, it was Mt. Makulot in Cuenca, Batangas—the test climb for all beginners, they said. I wore the wrong shoes and stayed at the tail end, always catching up, breathless. Going down was worse. I slipped once, dust in my mouth, the dry earth steep and unforgiving. But at the summit, everything stopped. There was Taal Lake, glassy and quiet, cradled by ridges. I didn’t speak. None of us did. The view didn’t just stretch—it opened. That mountain was brutal, but it gave me something I didn’t know I needed: awe.</i>	<ol style="list-style-type: none">1. First time mountain climbing is the subject2. Wrong shoes – still generic, stayed at the tail end – can be more indicative of the effort3. “But at the summit” – is the main transition device – contrasting the difficult climb with the sight afterwards. “Everything stopped” is cliché.4. The progression employed – image led, but the image is clear only because everybody knows Taal.5. Ending is quite lacking. Why does the writer need ‘awe’?

1. ¹ What is the subject of this entry? 2. Will your reader see what you saw, hear what you heard, feel what you felt? Or is the description still general or generic? 3. What transition device/s are used here? Is there a progression of thought, idea, concept or feeling? Is the transition effective? 4. What is the logical progression employed here: linear, episodic, image led, language play? 5 How is the ending? Is it conclusive, a cliff hanger, abstract? 6. What is the tone? Sad, happy, satirical, indifferent etc. 7. What is missing? Is every detail necessary?

	<p>6. Tone is not sharp. So contrast even with the transition is weak.</p> <p>7. Maybe what's missing is an establishment of the hard effort at climbing. The description here is still generic, that is, kind of everybody's description will go this way.</p>
<p>Today, a new friend—an elder, full of grace—bought me lunch. Lumpiang toge, kare-kare, and humba with rice. She drove her own car. Over the meal, we talked about the martial law years, how we were both too insulated then, unaware, until we met people who weren't. Victims. Survivors. Friends. We didn't argue, just listened. She took me to the bank afterward, then drove off with a smile. I watched her leave, grateful. It felt like a visit from someone I've always known. Some lunches nourish more than the stomach. This one fed something deeper. I think it was joy.</p>	
YOUR JOURNAL ENTRY	REVISION CHECKLIST²
1.	
2.	

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