

# STORIES FROM YOUR LIFE

For High School/College Students

Remember experiences and accomplishments that have meant the most to you during your life. Think about accomplishments that you particularly enjoyed doing and that gave you a sense of “YES!” You may have acted alone or as part of a team. Given your age and experience at the time, you did the activity fairly well. The achievements may not have been notable to others, but they were significant to you at the time and remain important to you now.

## Examples:

- 1) You may have built a tree house or done another project that was special to you. Even though it might not win architectural awards, you did a good job for someone your age and felt a deep sense of accomplishment.
- 2) You may have been part of a mission team that traveled to another place or performed a service in your own community that was important to you. Describe the role you enjoyed playing in the project.
- 3) It may be related to sports or other leisure activities. What part did you have in making things happen?

## Summarize three stories

Write at least three stories on the next page or another sheet. Write from your heart. These are not for publication.

Consider these questions as you select and write your stories:

- What did you do that you most enjoyed and the energized you most?
- What were the specific results?
- What made the accomplishment so meaningful to you?

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Summarize three stories of accomplishments from your life

1. Title: \_\_\_\_\_

2. Title: \_\_\_\_\_

3. Title: \_\_\_\_\_

