

What Is My Story?

Spend several minutes reflecting on moments in your life in which you faced a significant challenge. How did you respond? What was the outcome? Choose *one* story, based on a moment or incident that you believe had the greatest impact on your life.

Your story will be a public story because you will share it with the class. A good public story is drawn from the series of choice points (liminal experiences) that structure the “plot” of your life—challenges you faced, choices you made, and outcomes you experienced. Limit your story to 2 minutes.

Suggestions for Crafting Your Story

- Choose a story that is important in your life.
- Name the challenge, the choice you made, and the outcome (even if this is in the future) you want to focus on for this story.
- Keep it short—you have a time limit of 2 minutes.
- Tell *one* story. Focus on one particular event, person, memory, or choice.
- Use “feeling” words, such as *sad, happy, angry, confused*, and use action verbs, such as *hug, run, think, hide*.
- Include sensory descriptions such as smells, sights, sounds, and feelings to describe people, places, and actions.
- Stories have plots: Describe events in such a way that you illustrate increasing intensity over time.
- Offer hope by offering something positive that did or could come from this story.
- Communicate your values and your faith using your emotions, tone, choices, relationships, hopes, and outcomes *to make a statement of personal belief* about the way you believe the world could or should be.



