

Your One and Only Story

Objective: Write a 200 – 400-word autobiographical piece in which you relate the one story about yourself that represents the very essence of who you are.

Listen Up:

You are invited to a party. You arrive alone. You enter the home or gymnasium or ballroom wherever you imagine the party takes place.

You enter.

The place is hopping with people. Good music. Good vibes. You scan the room, trying to take in the scene.

Suddenly – the room goes dark, except for one telescopic shaft of light that focuses on a person who you fall in love with at first sight.

You are sure that this is the person you are meant to be with forever.

You approach this person, introduce yourself ---

---and you tell them one story about your life that illustrates who you are at your core.

No time for small talk.

You only have three minutes.

You only get to tell the one story so that this person you are speaking to will want to know more and more about you.

What's your one story?

Write It.

And feel free to use dialogue. It helps.