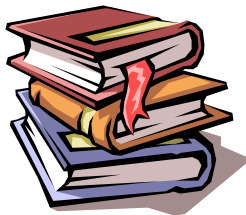


You Are the Author of Your Life Story...



You may not have realized it, but you are an author. *You* are the author of your life story. Your story has a beginning, middle, and end. It has characters and a plot. It is full of events and emotion. Your story is non-fiction and it is totally unique... there’s not another like it. You are writing your story now, and it is a good one.

The subject of your story is *life*. *Your life*. Your life yesterday, today, and tomorrow. It’s really quite a story—full of adventure and obstacles, victories and defeats. It tells the drama of your past experience and the mystery of your future. There are heroes and villains, friends and foes. There are chapters of celebration and chapters of pain.

This story is yours. Write it as you wish and
tell us the story...

To begin... A story usually revolves around the main character, so your first job as an author is to create the main character. In *your* story, **you** are the main character. And *you* are a fascinating character! You have a personality, feelings, talents, and your own ideas. You have style, hobbies, and likes and dislikes. All of these make up different parts of your story, just as they make up different parts of you.

Let’s begin our story with a description of you. To describe a person, you may use terms like:

Personality
Values
Interests
Skills
Talents
Goals

These words describe a person’s *character*. This is the “stuff” someone is made of. Let’s look at these words a little more closely before we use them...

Here are some examples to help us understand exactly what each word means. Remember, these are just examples—there are many more possibilities in each category!

Personality

This describes the way a person acts or behaves.

Example: "Jack has an outgoing personality."

Some words to describe personality include:

outgoing	shy
honest	dependable
serious	easy-going
confident	sensitive
hardworking	lively
fun-loving	anxious

Values

Values are the ideals or principles a person considers most worthwhile.

Example: "My English teacher values learning; she makes sure we understand new material."

People have different values. Here are some possible ones:

family	hard work
education	wealth
faith	moral living
friendship	leadership
success	justice

Interests

Interests are things or people a person most wants to be with, learn about, or focus on.

Example: "Ryan has a strong interest in the arts."

Some examples of different people's interests are:

art	books
children	travel
history	fashion
nature	fitness
sports	technology

Skills

Skills are abilities a person has learned and developed.

Example: "Amber's math skills really help in her job."

Skills and talents are similar. A person's skills could include:

riding a bike
giving a speech
using computers
painting a house
playing basketball
being a caregiver
relating to people
teaching
using science
selling a product
repairing things
taking photographs

Talents

Talents are a person's special *natural* abilities.

Example: "Acting is one of Dion's many talents."

Talents come from natural abilities. A person's talent could be almost anything. Consider these talents and abilities:

athletic talent
ability to persuade others
artistic talent
problem-solving ability
musical talent
mechanical talent
writing talent
ability to figure things out
leadership ability
organizing ability
talent for math

Goals

Goals are things people hope to achieve or accomplish.

Example: "My mom's goal is to see her children graduate from college."

Goals, like values, vary from person to person. People work to achieve their chosen goals. Here are some possible goals:

finding happiness
loving others
influencing society
building a strong family
reaching a high-level job
becoming wealthy
receiving recognition
acquiring knowledge
becoming wise
being a good person