Talking About Yourself

1. List significant events in your life.

* YOU get to decide what makes an event significant. It has to matter to YOU.
  + Example: Driving your grandmother to Iowa by yourself may not seem impressive to anyone else, but it may matter to you.
* Events may be positive or negative.
  + Example: Moving to a new home may have been rough, but it was still significant.
* Events may also be accomplishments.
  + Successes at work (new positions), talents (performing at church), responsibilities (caring for younger siblings), etc. are all options.

B. List WORDS that describe you.

* Start with words that YOU think fit you.
* Add words that your friends and family might use.
* Add words that those less acquainted with you might use.

C. Search for connections.

* Do any of you accomplishments seem to connect with the descriptions?
  + Example: Do you think you are a good musician because you have always been very focused?

Pick one event from your list and write about it. Simply describe why/how it made your list.