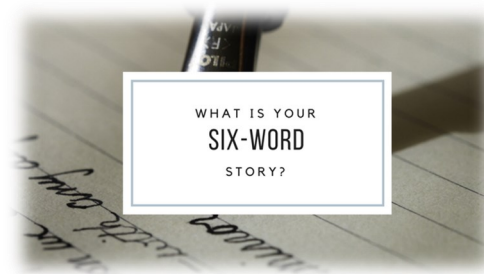




A Guide Sheet for Creating Your Six-Word



Creating Your Six Word Story

Six-word stories can expand to an entire life or take the tiniest moment in a person's life to illustrate a broader story. A six-word story should be personal, thoughtful, and honest. But remember, those six words don't have to be serious. The style should represent your personality. The best stories capture the essence of a person in the magic of the words chosen. You may want to think of your six-word story as a memoir.

An Example: The Six-Word Story of Jesus:
"Born. Preached. Inspired. Betrayed. Crucified. Resurrected."

Find a quiet place, a contemplative space for prayer, reflection and creativity.
Meditate on these words from St. Paul's Letter to the Ephesians 2:10.

*"You are God's work of art,
created in Christ Jesus to live the good life
as from the beginning God had meant us to live it."*

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| <ul style="list-style-type: none">• Using a pen and paper, tablet, or iPad, begin to write down different ideas - phrases, words, memories.• Think about characteristics that best define you.• Your likes and dislikes• How others close to you might describe you• Your gifts• Your limitations• Your achievements• Your failures• Your life experiences of joy and sadness• Your loved ones• Your favorite places? | <ul style="list-style-type: none">• Reviewing what you have written, look for connections and patterns.• Highlight words or phrases that are most meaningful.• Gather together the cherished memories and themes.• And think about the stories or memoirs you want to share, the ones that speak to you, or feel just right.• Create your six-word story.• <i>Make it your prayer and let it reveal to you God's work of art.</i> |
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Share your six-word story with one or two (or more) people close to you.
Bring your six-word story to share at your next Local Chapter gathering.

(Adapted from the work of Doug Weller, Story Teller <https://www.dougweller.net/>)