**Six-Word Memoirs: Your Life in Six Words**

Here is my six-word memoir:

My birthday in a stranger’s Bible.

List as many words as you can about yourself —things you do and like, interesting information about your life. Just brainstorm. Write as much as possible in about five minutes. You may use the backside of this paper.

Now, circle two or three words that stand out for you, the ones that you could write more about.

Pick one word and start writing about that idea, object, role, or event. Don’t stop writing for two minutes. Whatever comes to mind is fine. Use the backside or another sheet of paper.

Now that you have a sense of your topic, condense it into a six-word phrase that captures the essence of what your topic means to you.