### **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Name** **Write about something or someone who changed your life.**

In this exercise, rather than telling the story of someone else or pretending to be another person, you want to share your story from your way of seeing it. Write about a person or event that has really helped you see or understand something important and changed your life. Rather than simply telling about the situation, talk about how it made you feel, what your reactions were, and how you were changed on the inside as well as the outside. Pour your heart into this writing. Remember, you don’t have to show it to anyone, so be real in this exercise.

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