

# POWER SURGE DAY 2— MY LIFE IN 6 WORDS

## **Educator Prep**

- Print out copies of the, 'My Life in 6 Words' sheet
- Preview and cue the following video clip: <https://youtu.be/KINfQbfZwik>

## **Activity**

**“Let’s take a quick Mindful Minute. Find a comfortable position to sit or stand. Close your eyes and focus your mind, attention, and energy on you flying...soaring higher and higher to greater heights. Perhaps you there is bright blue sky and puffy cotton clouds all around you. Take a few deep breaths and enjoy the peace and freedom of soaring and rising above.”**

**“We are going to take a minute to listen to a song called, ‘I Lived’, by One Republic. This is one of those power songs that we talked about earlier.....a song that is empowering, one that can inspire and motivate you. Confidence can inspire and motivate you. Courage can inspire and motivate you. Choosing Love can inspire and motivate you. Confidence, Courage, and Choosing Love all lead you to a life worth living. Let’s listen to this song....relax, soak it in...let it empower you!”**

Play song video below:

<https://youtu.be/KINfQbfZwik>

**“What’s the first word that comes to your mind after hearing that? How does it make you feel? Take a few moments to write this down in your journal, along with any other reflections.”**

Allow time for anyone to share their reflections.

**“I hope you feel inspired and empowered to be the best you and live your best life. We are going to take a minute to create something called a ‘6 Word Memoir’. Does anyone know what a memoir is? Some synonyms for memoir are: account, story, record, profile, narrative. Usually memoirs are made up hundreds of pages. Of course, you could probably tell your life story in thousands of words too, but sometimes just a few words are all you need.”**

**“It is said that the famous Novelist Ernest Hemingway was once asked to write a complete story in just 6 words. There is an online magazine, Smith, which is all about storytelling and personal narratives. They took this inspiration and asked their readers to do this same thing.....write a story about their lives using just 6 words, a single sentence. Smith Magazine turned this into a book called, ‘Not What I was Planning’ which is a collection of these 6 word memoirs from famous and regular people. Actress Goldie Hawn wrote, ‘Fear not, live in the now.’ Here’s another, ‘Even when you doubt things happen.’ Or, ‘Play like a child with hope.” You can go to [Smithmag.net](http://Smithmag.net) to find out more about writing, storytelling, personal narratives and the ‘6 Word Memoir Project’.”**



**“Today, you will create your own ‘6 Word Memoir’. A great way to start is to look at yourself and what is unique about you and important to you. The song that we heard today was entitled, ‘I Lived’. How do you want your life story to be? What 6 words can represent you and how you live? I’m going to give you a sheet that will help give you inspirations to write your ‘6 Word Memoir’.”** Give students the ‘My Life in 6 Words’ sheet and have them complete it. Time permitting, students can flip their paper over and write their words and add a drawing. Save some time to allow students to share their, ‘My Life in 6 Words’.

### ***SEL Skills Taught***

Self-awareness

Self-management

Relationship skills

Responsible decision-making



## MY LIFE IN 6 WORDS

Even though you are going to end up with only 6 words, you need to start out with lots of words and ideas.

For each of these questions, just start writing. Write down all of the words, thoughts and ideas that come to your mind. Don't worry about spelling, grammar, or punctuation. You don't have to write complete sentences. Just open your mind and pour out your thoughts and words.

Then, go back and circle the words that stand out to you. Now you are going to play around with these words. Maybe you will use some of these words in your '6 Word Memoir' or maybe these words will generate more words. Write some more if you feel inspired.

Narrow down your words and choose your final 6 words. Remember it's only 6 words, so make them count. What do you want to describe and express you and your life? What words best represent you?

How would you describe you?

What is important to you?

What are your interests?

What are your goals?

What do you value?

Your 6 Word Memoir:

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