**Writing activity: Narrative paragraph**

Please write a short narrative paragraph (approximately 200 words) about a personal value or life goal.

A personal narrative paragraph describes a personal experience, usually in the first-person singular. Its purpose is not merely to describe an anecdote, but also to illustrate your point of view or provide insight. The idea is to go beyond describing a list of events or facts: you want to make connections between them and engage in a meaningful reflection about them.

Writing goals:

1. Start your paragraph with a topic sentence. A topic sentence says what the paragraph will discuss (the story you want to tell) and what this will demonstrate (how it relates to your value and life goal).
2. In the paragraph, support your topic sentence with specific facts and examples from your life.
3. Finish the paragraph with a concluding sentence that links your examples to your ideas.

Here are some examples of narrative paragraphs. Note how they follow the format.

## Example 1: How you got closer to one of your values and life goals

Being in a sports team has helped me achieve my goal of personal growth. Last year, I joined the cheer team here at the college. I was very nervous at first because I’m a shy person. *(More details about this story: The difficulties, maybe the first practice, how it went, etc.)* Later, I realized that even in my other classes, I was able to… *(make friends, feel comfortable, join people for teams, etc.)* I think sports has helped me to become this better person.

## Example 2: How you got further from one of your values and life goals

The difficulties I’ve had this year have shown me that I need to pay more attention to my life balance. When the summer started, I applied at a lot of companies for work, and I ended up with two jobs. *(More details about this story: Your schedule, how you felt, etc.)* Now that I am in school, I feel tired and demotivated all the time. *(More details about what this does to you. Give an example or two.)* Working too much has caused this, so I’ve decided that I should make changes to my schedule.

As a reminder, here is the list of values and life goals that we saw:

* Becoming a better person
* Education and learning new skills
* Excelling at work, building my career
* Faith, spirituality, or finding meaning
* Family relationships, building a family
* Financial stability or financial independence
* Having fun, relaxing, hobbies
* Having material things, having a rich lifestyle
* Healthy mindset, life balance
* Making a difference in the world around me
* Physical fitness or health
* Spending time with friends
* Supporting family and friends in need
* Traveling and life experiences

Write your text here