

# Section 3: My 4-H Story

## Instructions

Your 4-H story is an opportunity to reflect on your 4-H experiences that focuses on the current 4-H year. Your story can be printed on both sides and should meet these *minimum* word counts. Do not write more than 2000 words.

- Junior (or first year member): 250 – 500 words
- Intermediate: 500 – 1000 words
- Senior: 1000 – 2000 words

### Follow these formatting guidelines:

- Double space.
- Print single OR double sided, you choose.
- Use an easy-to-read font such as Times New Roman or Garamond.
- Keep the text size between 12 point and 14 point.

### The following may help in developing your story:

Pick a theme and build the story around that theme so the story flows naturally. If you are having trouble developing a theme, you may use the following questions to help think about what to say.

**(If you are submitting your book to State Competition, focus your story on Parts 3 & 4.)**

#### Part 1 - About You

- What might be one of your Sparks: interests or passions?
- What are your plans for the future?

#### Part 2 – 4-H Projects and Activities

- What goals did you set in your projects and which ones did you reach?
- What would you do differently if you were to try it again?
- What skills have you learned in 4-H?
- How have you handled financing your projects, if needed?
- Who was especially helpful to you? How?

#### Part 3 – Leadership and Civic Engagement

- How has 4-H helped you become a better leader and citizen?
- What types of civic engagement projects or leadership roles have you been involved in?
- How did you work with others to contribute to your community or your school?
- What have you learned from working with other 4-H'ers through your leadership positions?

#### Part 4 – 4-H's Impact on You

- What kinds of relationships have you had with your 4-H leaders?
- How has your 4-H participation changed how you feel about yourself?
- How has your participation influenced your school and career goals?
- What has being a 4-H member meant to you?
- How has 4-H helped you identify your Spark?