Seeing what you can do:

Structured Paragraphing II (format)

Promise: statement of intent, stand on a issue (no "I" or "I think".)   **One sentence**

Definition: defines the topic.   **One sentence**

Hook/Transition: aims to guide reader to the examples -
          if you start negatively, you end up positively
          (and vice versa)   **One Sentence**

Lead In: a little sentence that sets up the examples. Used to set   **One Sentence**
          the examples in a context

Examples: THREE examples are given with TWO supporting points for each example.
          Transition words are used to help make the examples flow from one to
          another.   **Nine sentences**

Reminder: reminds the reader of your main points. Your final stab at the truth!
          One sentence