function createAndSendDocument() {  
  // Create a new Google Doc named 'Hello, world!'  
  var doc = DocumentApp.create('Hello, world!');  
  
  // Access the body of the document, then add a paragraph.  
  doc.getBody().appendParagraph('This document was created by Google Apps Script.');  
  
  // Get the URL of the document.  
  var url = doc.getUrl();  
  
  // Get the email address of the active user - that's you.  
  var email = Session.getActiveUser().getEmail();  
  
  // Get the name of the document to use as an email subject line.  
  var subject = doc.getName();  
  
  // Append a new string to the "url" variable to use as an email body.  
  var body = 'Link to your doc: ' + url;  
  
  // Send yourself an email with a link to the document.  
  GmailApp.sendEmail(email, subject, body);  
}

Google Apps Script – Demo – Forked repositories on GitHub.