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```python
# Initialize an empty list
my_list = []

# Get user input
user_input = input("Enter a string: ")

# Add the user input to the list
my_list.append(user_input)

# Print the updated list
print("The updated list is:", my_list)
```

This code will prompt the user to enter a string, store it in the `my_list` list, and then print the updated list.