

## Shine: Leadership Storytelling

### Story Craft Worksheet

#### CHOOSE YOUR MOMENT

Character is defined during times of challenge. Think back on the timeline of your life for moments that challenged and changed you. Here are some prompts to help:

1. *A challenge I thought I'd never overcome was...*
2. *Things changed for me the day that I ...*
3. *A moment I'll never forget is...*
4. *A moment I surprised myself is...*

List a few of these moments.

Now, write an "I am..." statement for the leader you aspire to be.

Examples:

*"I am empowering others to achieve peak performance"*

*"I am solving complex problems to change the world"*

*"I am motivating my team with heart"*

Looking at your list, which moment most set you on the path towards your "I am" statement?

Use this moment for the worksheet below. You can always go back and work with other moments until you find the one that resonates.

**Note:** *You know you've landed on a powerful moment when you're excited to share it- and maybe a little nervous! As we'll explore at the live workshop May 11th, excitement and anxiety are two ways of interpreting the same energy release in the body.*

## STORY WORKSHEET

Narratives with a clear beginning, middle, and end take the audience on a shared experience. Questions below are intended for your rough notes fleshing out the structure of your story.

### THE ONCE UPON A TIME

- What were things like before?
  
- Who were YOU before?
  
- **Who are the integral people in this story?** Choose descriptors that resonate and ADD to your story.

## THE PROBLEM/THE ACTION

- **Introduce the problem clearly and concisely** (*SSV – succinct, specific, value*) *Don't forget to add the drama. What was at stake? Your dream job? Your reputation? Someone's well-being?* **High stakes = high drama = high interest from your audience.**
  
- **Where were you?** Fill out the picture of the moment of challenge.
  
- **What did you see, hear, feel? Put yourself back in the situation. What were the emotions you experienced?** Describe the physical manifestations of your emotions in present tense.
  
- **The Action.** What were your actions/what did you say? How did people respond to your action(s)?

## THE EVER AFTER

- **What happened as a result of your action(s)?**
  
- **How did this event change you? Who did you become?** Use details that link back to who you were before- i.e. If you used to be afraid of leaving home, include a detail about traveling across South East Asia.
  
- **What leadership insight are you taking away?** Reflect on what you gained from this moment. How were you changed by the events in the story? How do you look at the world now? Tell us what you stand for as a leader today.

## KEYS TO SUCCESSFUL STORIES:

- EMOTION – *Emotion is what pulls us in, makes us care, and takes us on the ride.*
- SPECIFICITY – *The details are what allow us to taste, touch, and feel the experience.*
- DISCERNMENT- *Every detail should advance your story.*