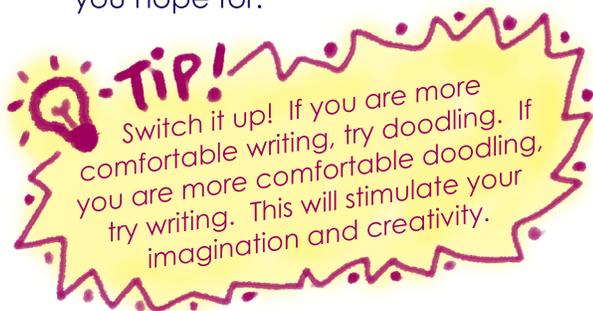


Write Your Story

You've heard it said before, because it's true: **Everyone has a story!** Writing it out can be fun, cathartic and illuminating. If you are extra inspired, sharing it with the world can be especially rewarding. But sometimes we don't know what our story is or which one of our stories to tell. Here are seven steps to uncovering your story.

1. Brainstorm the Theme:

- List or doodle 3 things that you value.
- List or doodle 3 important lessons you have learned.
- List or doodle 3 things that you hope for.

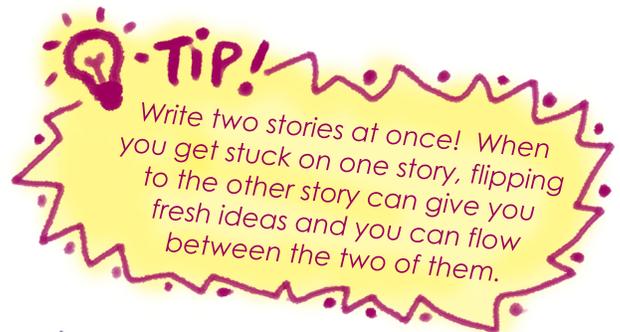


2. Brainstorm the Main Character:

- What characteristics would be most helpful in expressing your theme?
- Who in your life reminds you of your theme?
- Could you combine several people into one character?
- Is your main character best expressed as human, animal, creature, etc?
- What kind of character would appeal best to the audience you want to write for?

3. Brainstorm the Helpers:

- List or doodle things that would help your character overcome the challenge.
- Doodle or describe those things as characters, environments, objects, etc.
- List or doodle ways that your character acquires this help.

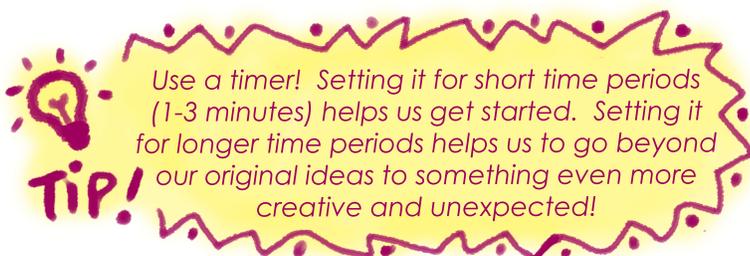


4. Brainstorm the Challenge:

- List or doodle complaints that you have in your life.
 - Which ones could apply to your character and/or the theme of the story?
 - Doodle or describe what that complaint would look like.
- Would you express the challenge as a character, environment, object, etc?
- What motivates your character to want to overcome the challenge?
 - Doodle or describe the vision that your character has for his/her/its future.
 - List or doodle the emotions of the character in relation to the challenge.

5. Brainstorm the AH-HA moment:

- Doodle or describe the moment your character knows what he/she/it needs to do.
- Doodle or describe how your character arrives at the moment.
- Doodle or describe how your character uses the epiphany to overcome the challenge.



6. Brainstorm the Ending:

- Doodle or describe the reward of overcoming the challenge.
- List or doodle the lessons learned.
- List or doodle the emotions the character experiences.

7. Play and Enjoy!

Have fun with the process of putting things together, taking them apart, moving them around, asking others to help you out and honing your story until it "feels right" to you!

