

# If your life was a story, would you read it?

## What is a Story?

Almost all stories are about:

- 1) a character,
- 2) who wants something,
- 3) and overcomes conflict or challenge to get it.

Life is like that. You are writing, and living, a story. So let's put our storytelling hats on and think about how to make it a great one.



## 1) a character



**You are the protagonist, the lead character, in the story that is your life. So, who is this person? Who are you?**

Grab some paper and a pen and fill in your character profile. Name, Age, Background, Important Relationships, Passions, Strengths, Weaknesses...

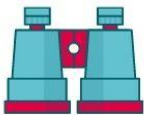


## 2) who wants something

A character in a story is always motivated by something.

**What motivates you? What do you want? What are you living for?**

These aren't always easy questions to answer, and you are allowed to change your mind. But today, if you could imagine your life a year from now or 5 years from now, what is something you would deeply love to achieve? Close your eyes and imagine. Then write it down, paint the picture, use adjectives and the senses to describe how it looks and feels. Make it real. The more vividly you can picture your goal, the easier it is to be motivated by it.



If what you want is really easy or guaranteed maybe it's too easy. Can you dream bigger? The most interesting stories involve challenge!

## 3) and overcomes conflict or challenge to get it

**What is standing in the way of you achieving your dreams?**

Is it an obstacle, potential conflict or challenging circumstances? Remember your character profile, the key relationships in your life and the strengths you wrote down. Now, think of 3 different ways you might overcome the obstacle - one should be based on your real life, and one could be where anything is possible.



## It's all about the journey



The most interesting part of a story is not whether you get what you want, but the journey you go on by trying. In storytelling it's called the 'Character Arc'.

**It's who you become by being courageous and trying.**

That's the gold!



What word describes your story's protagonist, you, at the outset of this journey today?

What word might describe how they feel knowing they had tried their best through the journey?

When people complain life is boring what they mean is their life is boring. Write a better story. Start with today. How can you make today more beautiful, interesting, adventurous, magic...?

## What's your story going to be?