

Storytelling Mastery – How to Tell an Inspiring Story

Session One: Emotion and Your Inspiring Story

A. Inspirational Storytelling:

- Definition of Inspiration: The action or power of moving the intellect or emotions
- Inspirational story: A story that causes someone to change the way they think about things – or themselves
- The Three Ingredients of an Inspirational Story:
 1. The story itself – the challenge or struggle
 2. Emotional honesty and vulnerability
 3. Masterful presentation

B. The journey of your story is the thing you are attempting to do before something happens that was unexpected – a surprise – not part of the original plan. Change happens!

- Draw the story arc below:

C. Finding your Story: What have you overcome that would inspire others?

- Mental challenges: _____
- Emotional challenges: _____
- Physical challenges: _____
- Career challenges: _____
- Relationship challenges: _____
- _____
- _____
- _____
- _____
- _____

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D. What is your wall?

E. Pick one inspiring story you could tell:

F. Emotional triggers: The emotions that are stimulated in reaction to the change, the obstacle, the challenge. What emotions did you experience? List them all:

G. What difficult decisions, unsettling realizations or hard choices were you forced to make?

H. Emotional eloquence: During the most emotional moments in your story, when you are describing what you were feeling, lower your voice and slow down. **LOW and SLOW**

- When emotions show up, use these four steps to manage your emotions:
 - Stand still
 - Stop talking
 - Breathe
 - Allow

I. How to develop characters that come alive:

- Change your physicality:

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- Change your voice:

J. Think in “scenes” rather than sequence.

- List some of the physical spaces and locations where your story took place:

- Three dimensional environments: Your story takes place in specific physical locations. When you are describing where you were and what you were doing, move around as if you are in that space.

K. The resolution of the story:

- Positive and hopeful
- Uplifting and encouraging
- Universal

L. The point or lesson learned. One point per story each time you tell it. Keep it simple.

- Start with the point in mind. Determine the point or lesson learned, and then craft your story forward to reach that conclusion.
- To choose the point, answer these two questions:
 - What do you now DO differently as a result of that experience?
 - How do you now THINK differently as a result of that experience?
