

Worksheet: The Art of Telling Your

Story Title of Your Story:

1. Introduction

- Briefly introduce yourself and the purpose of your story.
- Set the tone for your narrative.

2. Setting the Scene

- Describe the context in which your story takes place.
- Provide details about the time, place, and circumstances.

3. Introduce the Characters

- Introduce the main characters involved in your story.
- Include relevant background information about each character.

4. The Conflict

- Identify the central conflict or challenge that drives your story.
- Describe the obstacles or hurdles faced by the characters.

5. Rising Action

- Outline the events leading up to the climax of your story.
- Build tension and suspense as the conflict escalates.

6. The Climax

- Describe the pivotal moment or turning point in your story.
- Highlight the peak of tension or emotion.

7. Falling Action

- Detail the aftermath of the climax.
- Show how the conflict is resolved or addressed.

8. Resolution

- Conclude your story by tying up loose ends.
- Reflect on the lessons learned or the impact of the experience.

9. Key Takeaways

- Identify the key lessons or insights from your story.
- Consider how these takeaways relate to your audience.

10. Reflection

- Reflect on your experience of telling this story.
- Consider what worked well and what could be improved for future storytelling endeavors.

11. Action Plan

- Determine how you will apply the lessons learned from this storytelling experience.
- Set goals for incorporating storytelling into your personal or professional life.

12. Feedback

- Seek feedback from others on your story.
- Consider their insights and suggestions for improvement.

13. Revision

- Use feedback to revise and refine your story as needed.
- Continuously iterate on your storytelling skills to become a more effective communicator.

14. Final Thoughts

- Share any final reflections or insights.
- Express gratitude for the opportunity to tell your story.

Additional Notes:

- Use this worksheet as a guide to structure your story, but feel free to adapt it to suit your unique narrative style.
- Remember to focus on authenticity and emotional resonance to create a compelling story that resonates with your audience.