

The Power of Storytelling

Find a Story

Make a list of your core values. Circle a value that really resonates with you. Now ask: when did you learn that value? From whom did you learn it? Go back to one moment in time. Write some notes below.

Flesh Out Your Story

Structure* → **Fill in the Details** → **Write it down**

Old Normal

Set the scene:

- Where were you?
- What were you doing?
- Flesh out the senses: What did you smell, hear, see, feel?

Something Happens

What happened?

- What was the challenge or barrier?
- What was at stake here?
- How did you feel about it?
- What actions did you take?

New Normal

What was the outcome?

- How did it change you?
- What is the moral or message?
- How does this relate to your audience or message?
- What's your call to action for the audience?

*Framework by Donald Davis

Telling Your Own Stories: <https://amzn.to/2WTxB53>

Writing as A Second Language: <https://amzn.to/2J1uzSz>

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