

Your Story

Write or draw. About yourself or your hero. Real or imagined.

WANTS → BUT → HELPERS → BUT → THEREFORE → CHANGES

Discover the Storytelling Game & Journal at transformationstorytelling.nl



WHO IS YOUR HERO?

Name & 2–3 characteristics (facts/objects)

What strength does your hero have, what weakness holds them back, and what question helps your hero move forward?

ONCE UPON A TIME...

WHAT IS BLOCKING THE HERO?

BUILD THE TENSION

THE PRESSURE LADDER: FIRST SECOND BIGGEST OBSTACLE

BUT FIRST, THE HERO WAS HELD BACK BY...

THEN BY...

AND FINALLY, THE BIGGEST OBSTACLE
TURNED OUT TO BE...

WHO OR WHAT HELPS?

A mentor, guide, friend, or magical object?

A NEW INSIGHT, KNOWLEDGE, COURAGE, TIME, SUPPORT, OR STRENGTH?

THEN APPEARED...

THE CHOICE

What choice reveals who the hero is becoming?
What does the hero have to do, let go of, or risk?

THE HERO HAD TO CHOOSE BETWEEN...

THE HERO REALIZED...

YOUR STORY IN 3 SCENES

THE BEGINNING

THE CHALLENGE

THE TRANSFORMATION

POINT A → POINT C

WHERE IS THE HERO NOW, AND WHERE DO THEY WANT TO GO?

A — THE STARTING SITUATION

C — THE DESIRED CHANGE

MORE THAN ANYTHING, THEY WANTED TO...

THE HEART OF THE STORY

WHAT CHANGES IN THE END — AND WHY DOES IT MATTER?

AFTER THE HERO RETURNED, THEY WERE
NO LONGER THE SAME, BECAUSE...