

SPIRITCORPS

COURAGE: FIVE-STEP CHECKLIST

Welcome to SpiritCorps! We are excited that you will be joining us on this storytelling adventure. You don't have to be the world's greatest writer or a YouTube celebrity to do a great job on this project. We promise that you will learn a lot about storytelling—and yourself—along the way. Just follow the five steps below:

<u>STEPS</u>	<u>DONE</u>
◆ STEP 1: THE PITCH – FINDING YOUR STORY	
• Watch WEEK 1 Video: follow tips for finding your story	_____
• Write your 1-paragraph Story Pitch & send to Story Partner	_____
• Review your Pitch with Partner & revise as needed	_____
• Send Pitch to your SPIRITCORPS Story Coach	_____
• Get Pitch notes from Coach & revise your Pitch as needed	_____
◆ STEP 2: 1ST DRAFT – TELLING YOUR STORY	
• Write 1 st Draft: get your story told	_____
◆ STEP 3: 2ND DRAFT – CRAFTING YOUR STORY	
• Watch WEEK 2 Video: Hook, Moment, Payoff	_____
• ID & craft, with Partner, your Story Elements: Hook, Moment, Payoff	_____
• Send your 2 nd Draft to Partner	_____
• Exchange 2 nd Draft notes with Partner	_____
• Revise your 2 nd Draft & send to Coach	_____
◆ STEP 4: FINAL POLISH – COMPLETING YOUR STORY	
• Get your 2 nd Draft notes from Coach & discuss with Partner	_____
• Polish your 2 nd Draft from Coach notes	_____
◆ STEP 5: VIDEO – PRESENTING YOUR STORY	
• Watch WEEK 3 Video	_____
• Record your Video Story	_____
• Present your Video Story to your SPIRITCORPS Pod	_____

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COURAGE: WEEK ONE GUIDE

The following recommendations are for the Storyteller and your Story Partner. As we now know, good storytelling is about connecting with your audience. When we put ourselves aside and really anchor to others, we can create and deliver a great story. Your Partner is your first audience and stands in for everyone who will see your story in the future. Here is some advice on Week One of the story process for both of you:

STEP 1: THE PITCH – FINDING YOUR STORY

- Don't think too hard about it - let the story idea(s) come to you
- Why: for each idea ask why you would tell this story. Why is it meaningful? What did you learn?
- Ask: how does this story idea lead others to their own understanding?
- Write your ideas down and sit with them until you know which one(s) is/are best

PARTNER QUESTIONS: FOR YOUR PITCH

- What kind of Courage is your story about? Physical courage? Facing difficult feelings?
- What are you scared of in this story? Hurting yourself? Hurting someone else? Letting someone down?
- What pushed you to overcome your fear? Survival? Reward? Support?
- What was at stake? What would be gained or lost by being courageous? Or by not having courage?
- What did you learn from this experience? About yourself? About someone else? Or the world?

STEP 2: 1ST DRAFT – TELLING YOUR STORY

- Get it all down. Write fast. Let it flow – don't try to make it perfect right now
- More is better at this stage – your final story will only be 500 words, but first drafts can be longer

COURAGE PROMPT

The great Native American Chief, Sitting Bull, led his people with generosity, fortitude, courage and wisdom —The Four Lakota Virtues—as they warred for a way of life they could not save. His story reminds us that real Courage means finding a way to face our fear. Now, we invite you to join us at SpiritCorps and share a time when you found your courage...or wished you had! Together We Grow.

STORY PITCH

Here is a one-paragraph summary of my story idea: