

SPIRITCORPS

GRATITUDE: WEEK THREE GUIDE

STEP 4: FINAL POLISH – COMPLETING YOUR STORY

- Study notes from your Coach about your Hook, Moment, Payoff, Story Tension, and Length
- What feels right to you about what they said – where is the gift to you?
- Discuss Coach notes with your Partner and make a plan for your Final Polish
- Do your Final Polish
- Now read your story aloud – several times
- Step away – come back later and read it aloud again
- Make any last changes now

STEP 5: VIDEO – PRESENTING YOUR STORY

- Record against a blank wall or neutral background
- Light yourself from the front – no light behind you
- Dress the part – simple and clean
- Fill the frame – in the center, sitting or standing straight, leave a little headroom on top
- Look at the camera – place your script close to the camera: print it out, scroll it, or use teleprompter

Here are two free teleprompter apps:

- For computers/laptops: <https://cueprompter.com/>
- For tablets/phones: <https://zacue.com/>

If you do decide to use a teleprompter – copy and paste your script in, then:

- Put into CAPS any words you want to emphasize
- Add spaces and/or ellipsis (. . .) to remind you to pause or take a breath
- Read it through on the teleprompter several times to set the speed and get comfortable

FINALLY: Use STAR. Do your best. And have fun!! Remember to end your story with this: **“Thank you for listening. My name is _____ and this has been my story of Gratitude for SpiritCorps (*Spirit Core*). Together We Grow!**

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LOOKING BACK: Please tell us the most important thing you learned from your SpiritCorps experience...