

How To Craft A Story

CMC&C

Carmen Milagro Coaching & Consulting

THIS EXERCISE...

- 1. BREAKS DOWN COMPONENTS/ASPECTS OF CRAFTING A STORY**
- 2. TEACHES “BREATHE-THROUGH”**
- 3. PREPARES YOU TO TELL YOUR STORY**
- 4. ALLOWS YOU TO CRAFT YOUR STORIES THE WAY YOU WANT TO**

STEP 1

- Close your eyes
- Deep breath in
- Deep breath out
- Clear Your Mind

STEP 2

- Imagine yourself in a place you are familiar with
(A room, garden, road, beach etc.)
- Deep breath in and deep breath out
- Focus only on your place

STEP 3

- Look around your place notice all the details
- Remember you KNOW this place
- With your eyes closed look around your place (360 degrees)
- Deep breath in and deep breath out

STEP 4

- Recall & list 5 objects or people that are in your place
- Deep breath in and deep breath out
- Recall & list down 5 colours in your place
- Deep breath in and deep breath out

STEP 5

- Recall & list 5 sounds or voices in your place
(Note: Silence is also a “sound”)
- Deep breath in and deep breath out
- Recall and list what is happening in your space using only 5 disjointed words (No action is also an action)
- Deep breath in and deep breath out

STEP 6

- Recall and list your feelings about your space using only 5 disjointed words
- Deep breath in and deep breath out
- Recall and list the scents and smells in your place (good or bad)
- Deep breath in and deep breath out

STEP 7

- Go back through your lists to create a narrative (rough draft). With this semi-structured story describe the place you imagined at the beginning of this exercise
- Deep breath in and deep breath out
- Optional: Share your story - tell us about your place

THANK YOU!



Carmen Milagro

Director at Grupo EducatHion (USA) | H&W Director for HLX+ | Master Certified CBD & Wellness Coach | Co-Founder CBD University | Host Wellness 360 on expandiTV | Founder-DIVINA, Inc. | I'm an Entrepren-Artist!

Talks about #edtech, #health, #coaching, #wellness, and #education

San Francisco, California, United States · [Contact info](#)

www.wellnessbydivina.com



 DIVINA SKINCARE & BOTANICALS

 San Francisco State University