## How To Craft A Story



Carmen Milagro Coaching & Consulting

## THIS EXERCISE...

## BREAKS DOWN COMPONENTS/ASPECTS OF CRAFTING A STORY TEACHES "BREATHE-THROUGH" PREPARES YOU TO TELL YOUR STORY ALLOWS YOU TO CRAFT YOUR STORIES THE WAY YOU WANT TO



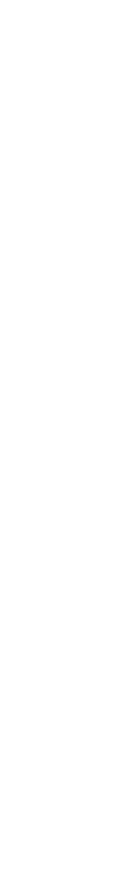


### O Close your eyes O Deep breath in O Deep breath out **O** Clear Your Mind

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

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### STEP 2





O Look around your place notice all the details O Remember you KNOW this place O Deep breath in and deep breath out

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### STEP 3

• With your eyes closed look around your place (360 degrees)





O Deep breath in and deep breath out O Recall & list down 5 colours in your place O Deep breath in and deep breath out

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## STEP 4

• Recall & list 5 objects or people that are in your place





STEP 5

O Recall & list 5 sounds or voices in your place (Note: Silence is also a "sound") O Deep breath in and deep breath out only 5 disjointed words (No action is also an action) O Deep breath in and deep breath out

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- O Recall and list what is happening in your space using





O Recall and list your feelings about your space using only 5 disjointed words O Deep breath in and deep breath out O Deep breath in and deep breath out



## • Recall and list the scents and smells in your place (good or bad)







## STEP 7 O Go back through your lists to create a narrative (rough

imagined at the beginning of this exercise O Deep breath in and deep breath out Optional: Share your story - tell us about your place

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- draft). With this semi-structured story describe the place you







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

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# THANK YOU!





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