

I will tell about the time I (or we)...



Situation

So there I was...

(Time, place,
Single human
protagonist)



Trouble

I/We wanted...

(Internal or external
desire or goal)



But...

(Lack of resources,
external forces,
limiting beliefs...)

Emotional data / somatic memory

I/we Felt...

Mad

frustrated annoyed
defensive
disgusted outraged
offended

Sad

depressed
disappointed
regretful dismayed
disillusioned pessimistic
mournful

Happy

glad overjoyed
relieved elated
pleased excited
grateful thrilled
content amused
triumphant

Afraid

anxious vulnerable
stressed
nervous cautious
confused

Hurt

betrayed
shocked
stunned
aggrieved
abandoned

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STORY canvas

FROM
the BOOK
STORY
Dash!



Action

And so... (A choice)
And then...



Result

Until finally...

Optional: Do you have data to quantify it?
(How much? How big? How fast? How good?
Qualitative data?)



Insight / Connection:

And now we know... / And that's why...