

Day 2 of the 14 Day Challenge “Your Story, Your Life.”

“Where you discover that the Story You Tell becomes the Life that You Live.” -
-SusanJoy Grieco, Seminar Leader & Writer

Welcome to Day 2! You are doing good work!

Tools You’ll Need: a notebook and pen or a laptop or device and curiosity, courage and commitment

Time You’ll Need: 10 minutes plus any extra time you wish

A Quick Review:

The Three C’s

C _ _ _ _ E

C _ _ _ _ T

C _ _ _ _ _ _ _ _ E

The 4th C

C _ _ _ _ _ _ _ _ T

Today’s “Playwork”

1- Story Defined: a situation or perspective that involves Character, Conflict and Change.

2- The 3 Elements of Story

C
C
C

3- Take one story in your life and break it down into Character, Conflict and Change. It's best if you take a light and easy story. Notice the simplicity of story.



Copyright ©SusanJoy Grieco~ Bliss Studios LLC, 5 Lyons Mall, #170, Basking Ridge, NJ 07920