

**Day 3 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 3! Look at you go!**

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:**

Elements of Story :  
Characters,  
Conflict,  
Change

**Today’s Playwork:**

Motivation: the thing that guides or initiates behavior towards a desired outcome.

1- Using yesterdays’ homework story, what is the motivation of your characters? Why are they doing what they are doing? For now... Take your first gut instinct!

---

---

---

---

