

Day 4 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 4! Hard work pays off!

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 role and value of story: to instruct, to inform and to entertain.

Your “Playwork”

1- What are the stories you catch your self telling today:

at lunch or dinner,
at the water cooler at work,
driving your kids to lacrosse
or while driving in your car alone?

2- Now take one (or more) story and chunk it down. Who are the characters, the conflict, the change, the motivation. Notice the simplicity of story.



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