



EXERCISE 4 WORKSHEET

WRITING YOUR STORY

PURPOSE

To develop the story you will share with connectors about you and your interests to channel their advice toward what will be most helpful to you

RESULT

A compelling story that clarifies for connectors what interests you are hoping to meet and what obstacles you need to overcome to meet them

TIME

60 minutes

PREPARATION

Your Interest Profile for Part 1 and a partner for Part 3

INSTRUCTIONS

Pages 60–68

PART 1

DRAFTING YOUR STORY

1 BIOGRAPHICAL INFORMATION

I am . . . My hobbies are . . .
I worked/studied . . . I grew up . . .

2 PASSION

I want to live in a world where . . .

3 FUTURE-FOCUSED INTERESTS

I want . . . My needs are . . .
I'm looking for . . . My goal is . . .

4 CONSTRAINTS

I have to . . . I'm limited by . . .
I can only agree to . . .

5 CALL FOR SUPPORT

If you were me,
what would you do?



PART 2 PUTTING IT ALL TOGETHER

DRAFT STORY

Combine the five components above into a single written narrative.

For an example, see Carly's story on page 65.

PART 3 PRACTICE

1 NARRATIVE

Read your partner the narrative version of your story from Part 2.

WHAT WORKED?

WHAT DIDN'T?



PART 3 PRACTICE (CONTINUED)

2 CONVERSATIONAL VERSION

Practice sharing your story off the cuff, instead of reading from a script. Ask your partner to read you each question, one at a time, and respond as naturally as you can.

What's your background?

What are you passionate about?

What are your career-related interests?

What are your constraints?

What support are you asking for?

3 DEBRIEF

After you have completed a narrative version and a conversational version, debrief with your partner.

How well do the two versions align?

Are there important points or compelling phrases in the conversational version that didn't make it into the initial telling of the story, or vice versa?

Did the written story feel as natural as the conversational version?

What was compelling about each?

What could have been better in each?

Did the listener hear specific and important interests that weren't named in the written story?

Did the listener hear more than they needed to, or not enough?
