

## Storytelling Chart: How to find the purpose and meaning in your personal stories

(taken from *The Pin Drop Principle*, p. 44, by D. Lewis & G. R. Mills)

<b>Story Types</b>	Personal example	My story makes listeners feel...	The main message of my story is...	I could tell this story if/when...
<b>Essence Story:</b> Offers “a window into you as a person so the listener will better understand your background, your upbringing, your values, your passions, and your outlook on life.” E.g. family stories, childhood experiences, parenthood stories				
<b>Crucible Story:</b> About “a moment in your life when you had to step outside your comfort zone and summon the courage needed to succeed or fight. By relating how you rose to the challenge, it shows how you changed or grew as a person...”				
<b>Leadership Story:</b> “[R]elates how you were able to lead others through a challenging set of circumstances. It allows you to show that you can exhibit drive, focus, and the ability to inspire others as a boss, parent, or manager.”				
<b>Helper Story:</b> Shows “an instance where you displayed selflessness or reached out to assist someone in need, exhibiting empathy and compassion in the process. It could also be a story where you worked with others as part of a team for the betterment of the entire group.”				
<b>Pie-in-the-Face Story:</b> “This story proves you are fallible and human ... by detailing how you made a mistake...With this type of story, you share a personal failing that helped shape you, as well as the lessons you learned as a result of having gone through it.”				