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Sensory details

About a person

**Emotion
(laughter in this case)**

Description

Paint a picture with words

About a happening

One doesn't need to tell all the story... what fragment of it you want to tell

Be honest

Share moments that can create connection/relevance

Personal / "I" statements, from the heart

Be vulnerable

Dialog was powerful with this particular story

Humor with laughter

Authenticity

Descriptive language, like the banana peel

details

Use many languages to tell it: not only words, movement, hands, tone, etc

Culture (or connection to a place, a group of people) in between the lines, it doesn't need to be out there.

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Honesty

Hide its true meaning behind other meanings

**Pajamas and tennis shoes in Church
WITH MY FRIENDS**

Think about the last phrase you want to end with.

Bring us into their world

Combination of pain and pleasure. Mixed emotions

Capture a big idea in a small moment

courage

Emotions

vulnerability

Allow time to breathe

Rhythm, flow

Emotion/How does it feel?

Tone of voice

specificity

Zoom in on small moments

Loose words that have depth

Pauses in the actual telling

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**Universal,
relatable
themes**

How do you begin? What is that first image that you want to use to capture the reader.

Qualities of performance

Tell the story about the time you weren't the hero

Be connected, it should be meaningful to the teller

Don't be scared of your story, telling it gives you power over it

Be fearless

Stories have many perspectives, embrace them all or choose a few