

Write and Change Your Own Story

All Stories are About Transformation

I suggest you write a personal essay (500-1000 words) about yourself or a fictionalized version of yourself. You may want to go ahead and write act one. You may need assistance with acts two and three. Or maybe not! I suggest you use a pen and paper initially. Enjoy.

- One event in your life that took place in one day.
- Can be fiction or non-fiction. It is often easier to use different names for your characters.
- Use three to four characters, but no more.
 - Protagonist or main character.
 - Antagonist, villain, or bad-guy.
 - Mentor – someone with wisdom that helps the main character.
 - Fourth character can be a friend or ally of either the main character or antagonist.
- What is the main character's goal? What do they want?
- What is the main character being asked to do?
- Why is the main character resistant to the task?
 - Are they up to the task?
 - Should they do it at all?
 - Do they have what it takes?
 - Is this the last chance?

In Act 1,

- Characters will be introduced.
- The hero will be asked or challenged to take on a task.
- Will tell us why the main character is resistant to the task.
- Main character will take on the task.
- The main character will run into great difficulty, and *nearly* fail at the task.
- There is a great conflict between the hero and the villain.

In Act 2

The hero makes a choice and the journey begins. The main character will begin their journey. Events will happen in the journey. The stakes will be raised. The bad-guy or problem closes in. the hero will lose hope.

In Act 3

The last conflict. The main character (hero) defeats the villain. The hero has changed. The hero will learn something or gain something and will be different in the end. The hero will come back to his/her life with a different perspective.