

60 Second Story Framework

Build your own 60 second story from the parts of your main story.

Here is my example:

It would sound like this at first.

Broke my neck . . . Football Dream ended . . . Depression . . .Edge of bed with pistol in mouth . .

Chasing opportunities . . . Hole in my heart. . .

Hole was from failed goal and no purpose. . . No one can take away a purpose . . .

Pretty rough right? But now we have the elements, in order that we will build our 60 second stories from.

Now it's YOUR turn:

Fill in the blanks with the elements of your 60 second story:

Call: _____ . . .

Pit: _____ . . .

Search: _____ . . .

Transformation: _____.

Next, you're going to take the information above and write out YOUR 60 second story, filling in the gaps to make it smooth.

All we have to do to complete it is fill in the details.

EXAMPLE:

So my one minute story for a networking event might sound like this:

I broke my neck playing football and it ended my dream of playing in the NFL. I was so depressed I wound up sitting on the edge of my bed with my Glock pistol in my mouth.

When I realized I couldn't pull the trigger, I started chasing opportunities hoping to fill the gaping hole in my heart. After years of searching, I finally figured out what happened. When I broke my neck, I was unable to achieve a goal I'd set. That left me with a huge hole in my life.

Then I learned a goal is not a purpose. A purpose can never be taken away and is more fulfilling than any goal could ever be.

Finding my purpose filled in the empty hole and allows me to work every day feeling fulfilled and excited, even better than I could have imagined when I was chasing that original goal.

Today I spend my time living my purpose in this amazing lifestyle where my family and I are traveling the 50 states for 50 months and teaching our clients how to find their purpose and turn their skills and expertise into a lifestyle and time friendly business.

Do you see how all I really did was fill in the blanks? This is why we have you write your whole story in Lesson 2 first. Then it's easy to pull out the important details and make it longer or shorter by adding or subtracting parts of the main story.

That's all there is to it.

Now take the information above and write out YOUR 60 second story, filling in the gaps to make it smooth.

