

Story Element Discovery Worksheet

The first step is to print out your story and clearly identify the precise elements of Call, Pit, Search and Transformation.

So if you reference back to my story, my list would be:

Call = Broken neck / End of Football Dream

Pit = Depression and sitting on the bed with my Glock in my mouth

Search = chasing opportunities trying to fill the hole in my heart

Transformation = Realizing that hole was from a lost goal and not actually having a purpose no one could take away.

Print out and identify those 4 elements in your story, now.