
STORY STRUCTURE

Most stories have a beginning, middle and end. If your story is a journey – either physical or not – then the sections below may help you to map it out.

BEGINNING

Your Life: Who is a part of your story and where is it set?

First Steps: What was the catalyst that started the journey or experience?

Your thoughts and feelings: What did you think and feel at the time?

MIDDLE

Next steps: What happened next? How did the story develop?

Challenges: What were the challenges and how did you overcome them?

Your thoughts and feelings: What did you think and feel at the time?

END

Your Life: How has it changed as a result of this journey/experience?

Your thoughts and feelings: What do you think and feel looking back at the journey/experiences and the changes achieved?

The Conclusion: Why have things changed, and what does the future hold?