How something came to be in your life:

How I was before:

- This was your normal world. Who was there? Where were you? What were you doing? What was your state of mind? Why?

How I changed:

- Could be trouble or misfortune came. Or it could be that you got opportunities to do something different. Or, you learned something over time that changed you and your understanding.
- Describe that time and what you experienced and learned.

How I am now:

- Your new normal world. How your life is now because of the changes brought by experience and learning.

What it means:

- The action step or ask goes here. What are you doing now, or asking others to do now?

(Adapted from the work of Liz Warren, The Storytelling Institute,
South Mountain Community College, www.southmountaincc.edu/storytelling)