EXERCISE 4 WORKSHEET
WRITING YOUR STORY

PART 1
DRAFTING YOUR STORY

1 BIOGRAPHICAL INFORMATION
   I am . . . My hobbies are . . .
   I worked/studied . . . I grew up . . .

2 PASSION
   I want to live in a world where . . .

3 FUTURE-FOCUSED INTERESTS
   I want . . . My needs are . . .
   I’m looking for . . . My goal is . . .

4 CONSTRAINTS
   I have to . . . I’m limited by . . .
   I can only agree to . . .

5 CALL FOR SUPPORT
   If you were me, what would you do?
PART 2
PUTTING IT ALL TOGETHER

DRAFT STORY
Combine the five components above into a single written narrative.
For an example, see Carly’s story on page 65.

PART 3
PRACTICE

1 NARRATIVE
Read your partner the narrative version of your story from Part 2.

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PART 3  
PRACTICE (CONTINUED)

2 CONVERSATIONAL VERSION  
Practice sharing your story off the cuff, instead of reading from a script. Ask your partner to read you each question, one at a time, and respond as naturally as you can.

What’s your background?  
What are you passionate about?  
What are your career-related interests?  
What are your constraints?  
What support are you asking for?

3 DEBRIEF  
After you have completed a narrative version and a conversational version, debrief with your partner.

How well do the two versions align?

Are there important points or compelling phrases in the conversational version that didn’t make it into the initial telling of the story, or vice versa?

Did the written story feel as natural as the conversational version?

What was compelling about each?

What could have been better in each?

Did the listener hear specific and important interests that weren’t named in the written story?

Did the listener hear more than they needed to, or not enough?
4 REVISITED NARRATIVE (YOUR FINISHED STORY)

Based on the feedback your partner gave you, revise your story. Don’t worry about making it perfect. It just needs to be good enough for your first connecter conversation. You will have the chance to tweak your story as you learn more about your interests and get feedback from your conversations with connectors.