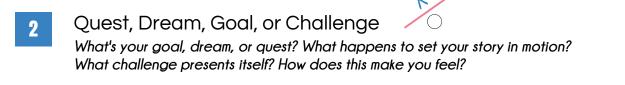




Character = YOU \bigcirc

Set the scene: describe your surroundings, include details. Where are you? What is your basic life situation? Your age? Who are you with? Tap into your senses/emotions. What's your state of mind?



Journey to Overcome or Achieve Who helps you face your challenge or achieve your goal? Who comes alongside you in your journey to overcome? Are you given advice? Lent a hand? Who or what is your hero?



3

Resolution

How does the situation resolve? What changes take place in your life? What is your new state of mind? Describe your transformation. How does this feel?



Lesson Learned is your simple message to others. Use as few words as possible. 12 words or less.