

# Your Story of the Week

## *Build yourself a memorable “sandwich!”*

This is a fun practice to help you make meaning and value out of whatever ingredients show up in your week.

### 1. Get Ready

- Check your spark number and make sure you're at an 8 or higher.
- Turn your phone to *do not disturb* mode.



### 2. Gather Possible Ingredients

Imagine yourself looking through the “refrigerator of your week.” What’s in there that you could turn into a sandwich you’d remember? Jot down:

- 2-3 moments of *GLEE* that really sang to you. When did you feel most alive?
- 2-3 pieces of *Story Material* (vivid details of the most challenging or intense moments of your week).
- 2-3 *Significant Developments (SDs)*. What was distinctive about your week, for better or worse? What would you say your week was really “about?”
- 2-3 Possible Story Titles (PSTs), if you kept track of them.



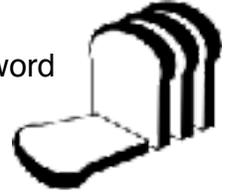
### 3. Conceive Your Creation

- See if any of your Possible Story Titles could become the inspiration for and *name of* your sandwich. To do that, try to come up with an idea for how one of the possible titles could connect some of your *GLEE*, *Story Material* and *Significant Developments*. If no clear idea comes in 1 minute, just proceed to figure out how to make these “ingredients” come together in a coherent, interesting way even without a title.
- Now that you’re clear on what your story is about (whether or not you have a title) write down what is the *Biggest, Juiciest Question (BJQ)* you could raise that might be of interest to other people learning to feed their spark.
- Think about and jot down 2-3 brief insights or comments you can offer in relation to this *BJQ*.



#### 4. Build Your Sandwich

- A. **The top piece of bread:** Write out your catchy first sentence, word for word. This should grab the listener's attention and make them want to dig in.
- B. **The Protein:** Your Big Juicy Question should be stated in the 2nd sentence, word for word. This question and your 2-3 comments or insights about it are the heart of your story sandwich.
- C. **The Lettuce & Tomato:** These 2-3 moments of GLEE are what give your story texture and heft, and remind you of the joy and meaning you want to celebrate.
- D. **The Seasonings:** Your Story Material is what gives your week flavor, even if it wasn't exactly what you were hoping for. The flavor of your week should be reflected in this sandwich, whether or not it's a sandwich you'd want to eat regularly.



What was the sandwich of THIS week—the one you actually ate, with whatever came your way? Once you've pressed record, stated your title and catchy first sentence, and asked your BJQ, simply share your chosen GLEE, Story Material and SDs, in whatever order flows, and include your comments or insights on the BJQ.

Before you stop recording, find some way to bring your story in for a landing, ideally before you've hit the 8 minute mark on your timer.

Spark on!