

Elements of a Strong Story

- CONFLICT
 - *What I Wanted vs. What Was Challenging Me*
- STAKES
 - *Why did I want what I wanted? Why was it important?*
- CHANGE
 - *How did the conflict resolve? What was different in the end?*
- NARRATIVE ARC
 - *How your story is structured*
- SHOWING & TELLING
 - *A balance of Scenes vs. Summaries*

The Narrative Arc

- “Need-to-Know” Info:** Background details to help the listener understand (a) who and where you were at the start of the story and (b) the Stakes involved.
- Inciting Event:** What happened to ignite the action of the story. It might be something you did, or a choice you made – or it might be something that happened to you. (In any case, if this had not happened, the story would not have happened.)
- Rising Action:** Usually comprising most of your story, this is where the Central Conflict builds, until it reaches a ...
- Turning Point:** The moment where the Central Conflict shifts. Perhaps you made a discovery, or tried a new tactic, or started to gain the upper-hand.
- Resolution/Takeaway:** A clear expression of what ultimately changed as a result of the Central Conflict.