Basic Story Structure

Most stories are predictable. They go through the following sequence and turning points:
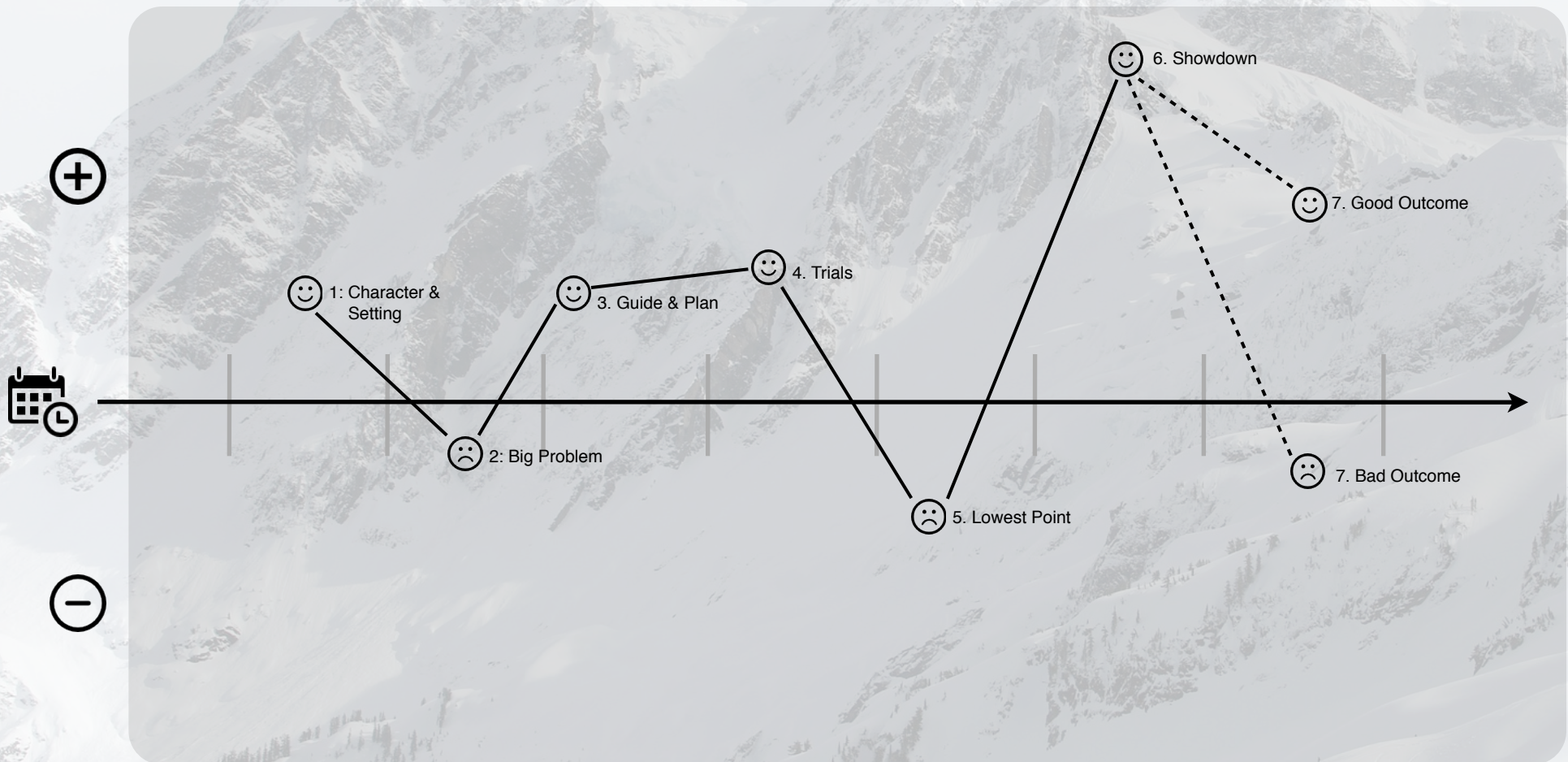
Character > Problem > Mentor > Commitment > Lowest-Point > Showdown > Outcome

<u>Ordinary World</u>
1. Description of the hero's ordinary world. [character & setting]
2. Inciting Incident leading to a Call to Action [problem]
3. Guidance & Collaboration [mentor, skills training, & plan]

<u>Remarkable World</u>
4. Point of no return, key insight, temporary wins and losses [commitment & trials]
5. Deepening of problem, higher stakes, major setback [lowest point]
6. Climax, the moment of truth [showdown]
7. Result of effort & aftermath [outcome]

6. Showdown

7. Good Outcome

1: Character & Setting

3. Guide & Plan

4. Trials

2: Big Problem

5. Lowest Point

7. Bad Outcome

Basic Story Structure

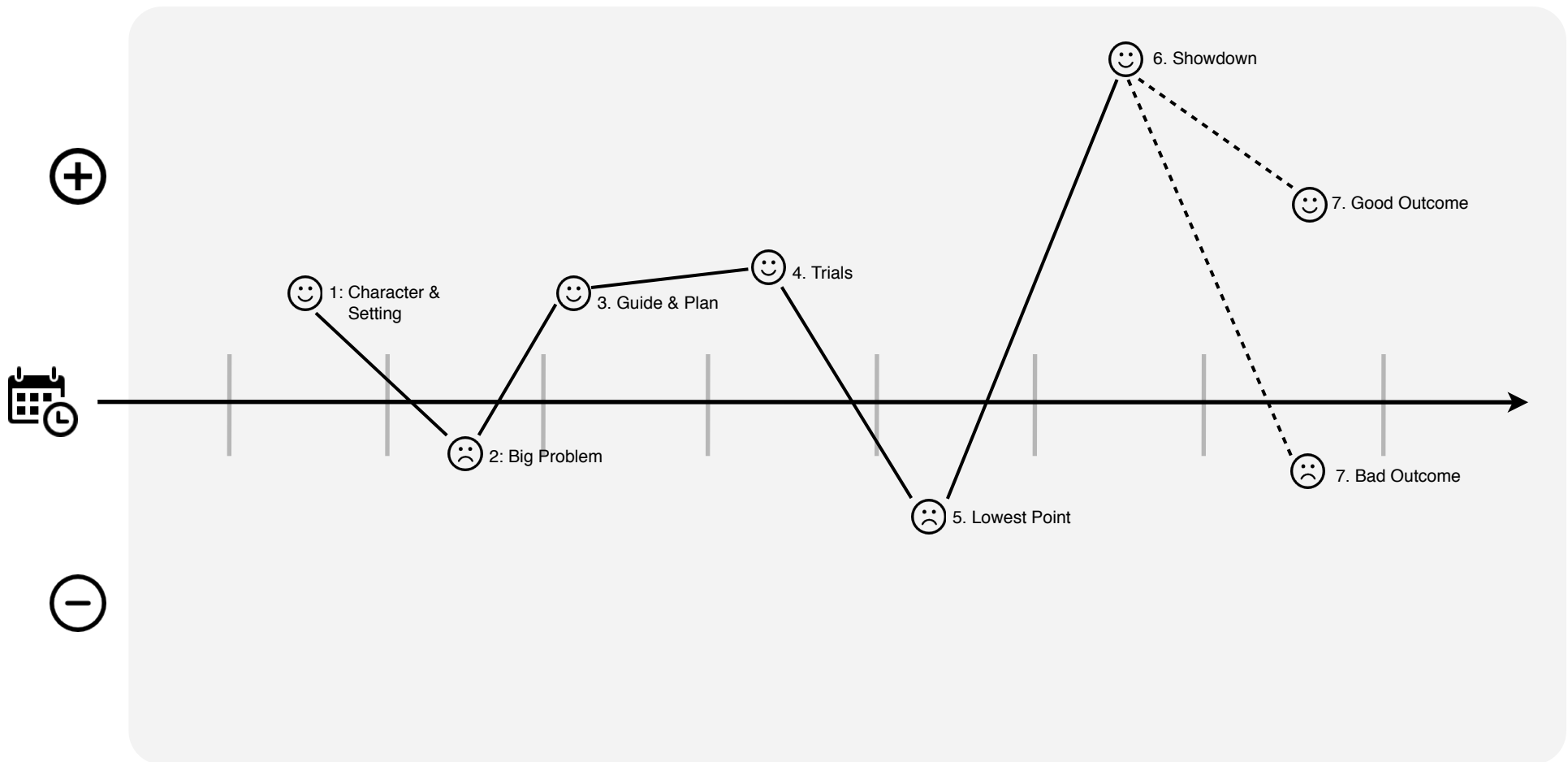Most stories are predictable. They go through the following sequence and turning points:
Character > Problem > Guide > Trials > Lowest-Point > Showdown > Outcome

Ordinary World
1. Description of the main character's ordinary world. [character & setting]
2. Inciting Incident leading to a Call to Action [big problem]
3. Guidance & Collaboration [mentor, skills training, & plan]

Remarkable World
4. Point of no return, key insight, temporary wins and losses [commitment & trials]
5. Deepening of problem, higher stakes, major setback [lowest point]
6. Climax, the moment of truth [showdown]
7. Result of effort & aftermath [outcome]

Coaching To Improve Your Life Story

Most stories are predictable. They go through the following sequence and turning points:

Character > Problem > Mentor > Commitment > Lowest Point > Showdown > Outcome

<u>Ordinary World</u>
1. Description of the hero's ordinary world. [character & setting]
2. Inciting Incident leading to a Call to Action [problem]
3. Guidance & Collaboration [mentor, skills training, & plan]

<u>Remarkable World</u>
4. Point of no return, key insight, temporary wins and losses [commitment & trials]
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Coaching

1: Character & Setting

2: Big Problem

3. Guide & Plan

4. Trials

5. Lowest Point

6. Showdown

7. Good Outcome

7. Bad Outcome