



The National Honor Societies proudly present this series of tools to help you get #FutureReady. Use these to plan your day, your year, and your career.



STORYTELLING FOR IMPACT

Why a story?



Why do you need a story? What change do you seek to make in the world? Who are you telling the story to? Your parents, your peers, school leaders, community leaders?

Example: *I am writing a story to get better lunches in our school cafeterias. I am sharing this story with our school and community leaders as well as the PTA.*

Story of Self



In your case, why are you called to make this particular change? Show your personal connection to the story. Paint a vivid story sharing how you became aware of an issue or problem. What made you inspired to act, rather than stay passive? What emotion moved you to act?

Example: *I was sitting in the school cafeteria and eating a soggy sandwich and drinking a warm milk carton. Again. I was thinking about having to eat that same boring lunch or not eating it, which means that I would be hungry by my last period at school. I always have a hard time concentrating when I'm hungry, and I can't think properly. Then I realized that I shouldn't have to make the choice between being a good student and eating bland food. I thought about the meals that my grandmother makes me when I'm home, which make me feel full and satisfied. They remind me that I'm loved and cared for, and I wonder, why we can't have the same sort of feeling in our school cafeteria?*

Story of Us:



Now, you want to move the experience from yourself to some group outside of yourself. Connect to a common experience that will move others to say, “Me too!” By using specific examples and specific moments, it makes the feeling come alive for people. What story can you tell that others will care about?

Example: *Then I started to think about every other student in this cafeteria. They probably also don't want to eat the same unsatisfying food every day. Instead of eating healthy, delicious food, they might not eat at all, or maybe they will eat junk food. I remember my friend Billy who didn't have enough to eat at home. School lunch was his only meal, and I wanted so much for Billy to have a delicious lunch to fill him up until the next day.*

Can we really learn at our best if we're not filling our stomachs with food that makes us feel healthy and satisfied? Does anybody else wish that we had better food that we were excited to eat? What about all of the kids like Billy who don't have enough to eat at home, and the only meal they get is not filling or nutritious? Shouldn't we try to do better?

Story of Now



Now that you have gotten your audience to feel something, it's time to turn to the Story of Now. What action do you want them to take? When people don't take action to do something, it's because they believe that they don't have the power or emotional energy to do it. They think, “Why bother if nothing will happen?” You are giving them the energy to believe they can!

Be very specific with what you want people to do. Paint for your listeners an imagined future that is better than what they have today.

Example: *If you feel the way that I do about the food in the cafeteria, please consider signing this petition which I will submit to the principal.*

Once she knows how strongly we feel about this issue, we can try to do something about it. We must all band together to make a change happen, and we can do it! It just takes people who care. Imagine a world in which we all get healthy, hot, nutritious lunches that we share at the table. We can talk with our friends and enjoy food that helps fuel our bodies and minds.

Practice



When I say my story out loud, it is ____ minutes long.

When I video myself saying my story, I can improve by (check all that apply):

- Speaking slower
- Speaking louder
- Speaking faster
- Not saying “um” “like” or “you know”
- Using more hand movements
- Not swaying from side to side
- Using more descriptive language
- Making more eye contact with my audience

Other: _____

When I tell my story to others, here is what they like about it:

When I tell my story to others, here is what they think I can improve:

When I tell my story to others, here is what they want to know more about:

When I do my speech for others, here is what they think I should focus more on:

#FUTUREREADY

