

A story writing playbook to awaken who you really are!

Created by Silky Hart www.ExpressiveHart.com



Sleuth Work

Take some time now to write in your journal or on a piece of paper what story you are currently telling yourself that you feel you've outgrown. In other words, what is your But Story?

From now on, I bet you'll be more conscious of when you start rattling off the But Story. These But Stories are really our fear that is carefully veiled, hiding who we really are. When we resist the new story that wants to emerge—we FEEL it! From now on, no more energy or power to the But Story!

Now, we are going to have some fun warming up with some writing exercises that will evoke some fresh perspectives. Creative expression is a powerful way to unveil our new story while transcending old patterns and assumptions that no longer serve us.



Fun Warm-up Exercise for Playing with Details

Details breathe life into our stories. So let's play with details.

For each word below, quickly write the first thing that comes into your mind.

Color ______

Shane

Taste

Type of building _____

Character from a movie ______

Kind of water _____

Kind of flower _____

Activity _____

Land Formation _____

Song _____

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NNNI	Now, write a little story (two or three sentences) using these words. Don't worry about it making sense; just have fun with putting your words together.	122
3	For example:	2
2 2	Charlotte is dancing in spirals as she breathes in the salty, ocean air. On her way home to her mountain cottage, she hums the "Red Red Robin." On a whim, she stops by a flower store to buy some violet orchids.	100
2 2 1	Write your little story in the space below.	2>
N N		NN
2.5		× 22 ×
2 5		2 7
2000		· NOV .
5	A New Story, A New Myth	2
3 2 2	Let's keep warming up those creative juices and invite our imagination out to play. The following fill-in-blank story, A Modern Day Myth, is loosely based on the myth of the hero's journey.	22.
NN.	All of us have our own personal mythology which is quite fascinating. Your personal mythology—comprised of beliefs and motivations that operate largely outside your conscious awareness—is the internal guidance system	シング
>	that shapes your journey.	3
200	Myths, both the personal and collective myths, contain the greater story. For example, the collective myth of The Starving Artist could evolve into a new myth. How about The Abundant Artist!	223
2 2	Have fun filling in the answers on the following page for a glimpse into your very own personal mythology!	5
2		5

A Modern Day Myth

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Once upon a time a little girl came to earth in order to
Her family called her,
but all along she knew her real name was
As this child grew up and explored the world, she encountered many
dangers along the way, but she had a special animal that stayed by her side
and protected her. This animal that loved and protected her was a
One day, the animal whispered its name to the
child calling itself The animal gave to the child the special
powers of On her journey through life, the
child had to ward off the demons of and
When they tried to block her
way, she battled bravely using the powers from the animal and her own inner
gifts of
Sometimes she failed, but most times she succeeded because
When it came time for
to make a contribution to the world,

	or or or or	hair er er rannen en regen er er er rannen en re
5	3027-10	· O
5	100	
5	Far.	₹ €
5	To	she chose tofor she loved to
5	V.	She
50	13	found joy when she let herself be loved, and she was discouraged when
5	J. Car	She did her best to
5	$\widetilde{\mathfrak{A}}$	bring about,
5	3	and she felt proud of herself when
5,	glk.	Whenever she wanted to have fun with her animal friend, the two of
5	- E	them would
5	Mar	When the Great Creator asked what
5	*=	more she wanted from the heavens, reminding her that she could have
5	de	The state of the s
5	33	anything she desired, she asked for
5	· Yar	so she could
5	1	She received this in abundance and ever since the world has been
5	The same	
5	215	The End
5	AS AS	ATT
5	1 Tal	
5	5	The state of the s
5	The the	LAND LE
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We are the hero of our own story. -Mary McCarthy

The hero or heroine is the archetype of change. Who is the heroine of your story?

For each of the following categories, write down three names that call to you. Go with your first instinct.

A historical, mythical or ancient individual (i.e. a goddess)

	Name	Quality
1		
2		
3		
A childhood story or cor		er from a fairy tale, childhood
	Name	Quality
1		
3		
A contempo	orary person or character (co	
A contempo	orary person or character (co	
A contempo from a nove	orary person or character (co el or movie) Name	uld be alive, dead or make-believe Quality
A contempo from a nove	orary person or character (co el or movie) Name	uld be alive, dead or make-believe

5	nnnnn	wines or proposition or or or or proposition or or
5 5 5 5	S. S	
5550	To the same of the	Next, select a name for your heroine. It could be a name you create or perhaps there is one character that strongly calls to you and you use that name.
5	1	Heroine's Name
5550		Prioritize your top three qualities from your previous list and write them down here. Qualities
2	U	1
?	T	2
5	30	3
5	The state of the s	Let's further flush this character out. Write out the answers to the following questions.
2	23	How does she dress?
5	Land	What is her hair color? Eye color?
3	4-	What are her talents?
>50	1	What are her desires?
5	215	What are her dreams?
5	A	Describe where she lives
5	12	How does she attract abundance?
5	产	If she is in a relationship, describe the relationship
5	The	What is her livelihood?
5	3	What does her voice sound like?
5,	· Yas	How does she move?
550	5	Does she have any pets?
5	Carl	E LIEU E
5	- Carlo	The Prose
3	Meren	when a when a w a a a hand a whom a who a way

More Ideas:

- Sketch or paint your heroine.
- Create a collage that captures the essence of your character.
- Create a costume for her and try it one. Even wear the costume while you continue writing.



For the next part of this adventure, I invite you to first quiet your mind through taking a walk, doing some stretches, meditating or listening to a guided imagery—whatever allows you to connect with your inner wisdom and intuition.

Here we go.

Write two	things you	deepl	ly c	lesire.
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1.				

2.

Write two things that you feel are obstacles to you having what you want (either obstacles that you experience as coming from within you or blocks that you experience coming from outside of you).

1	
Τ.	٠.

Write two of your strengths that help you in life.

1. ______.

2. _______.



For each of the six things on your list, you are going to create a story element.

Each desire, obstacle and strength will become a character, event, image, symbol or metaphor—could be ones that are found in a myth, fairy tale or fable.

For example, something that you want might be represented by a still pond or arriving at a beautiful garden. An

obstacle might be represented by a wicked witch or an erupting volcano. A strength could become a wise teacher or a perfect gem.

Write each of these on six separate cards. Do this quickly so you don't have time to let your censor or critic join in! Write down the first thing that comes to you. It could be a single word or several sentences long. You could also draw a picture.

When you have finished, put all your cards face down. You will select four cards. Before drawing the cards, inwardly request that your highest wisdom will direct you to the cards that hold the best guidance for you.

Now, without looking at the cards, and imagining your inner being directing you, pick your cards. Know that you can't do this wrong.

Alright! Turn the four cards over. Whatever cards you selected are perfect. Trust your intuition!







Let's keep going. Bring in the name of your heroine, her top three qualities and your list of her characteristics. Feel free to use any material that evolved while writing your Modern Day Myth. And, don't forget how shiny details can bring more energy and life to your story.

This new story is a beginning place to start shifting your energy from the old story to the new story. Are you ready to start writing the new dazzling, sparkling story of YOU?

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This story could be in the style of a myth, fable or fairy tale. Or some other style may organically evolve. Whatever comes forth is just perfect. There is no right or wrong here. It's all about enjoying the process, enjoying the journey.

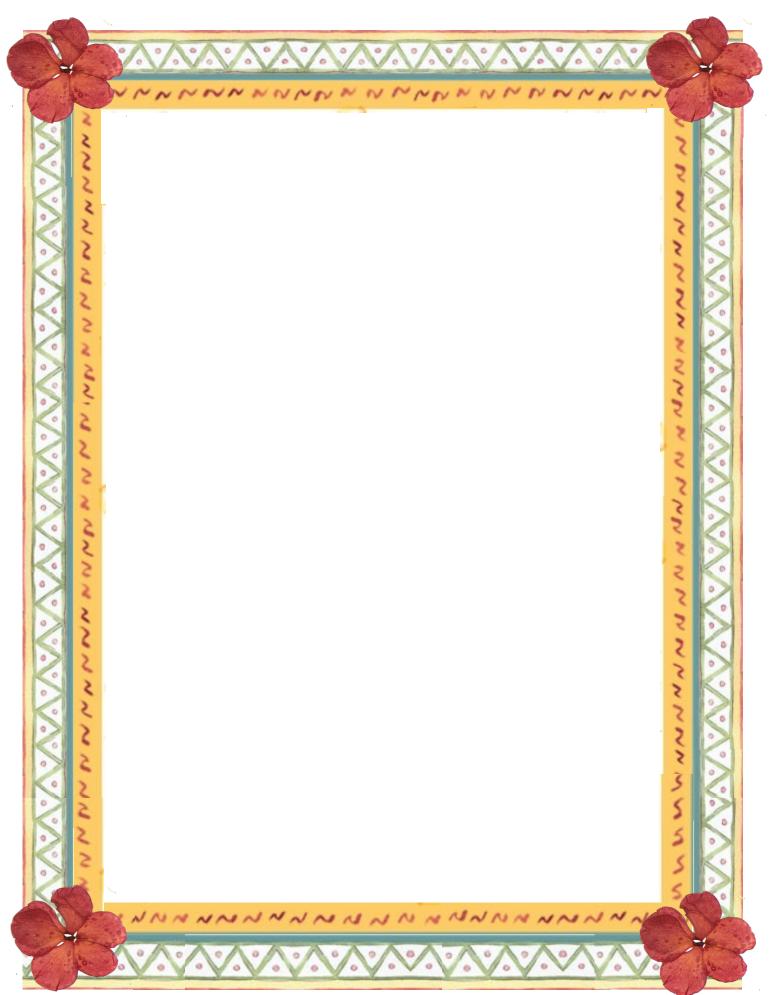


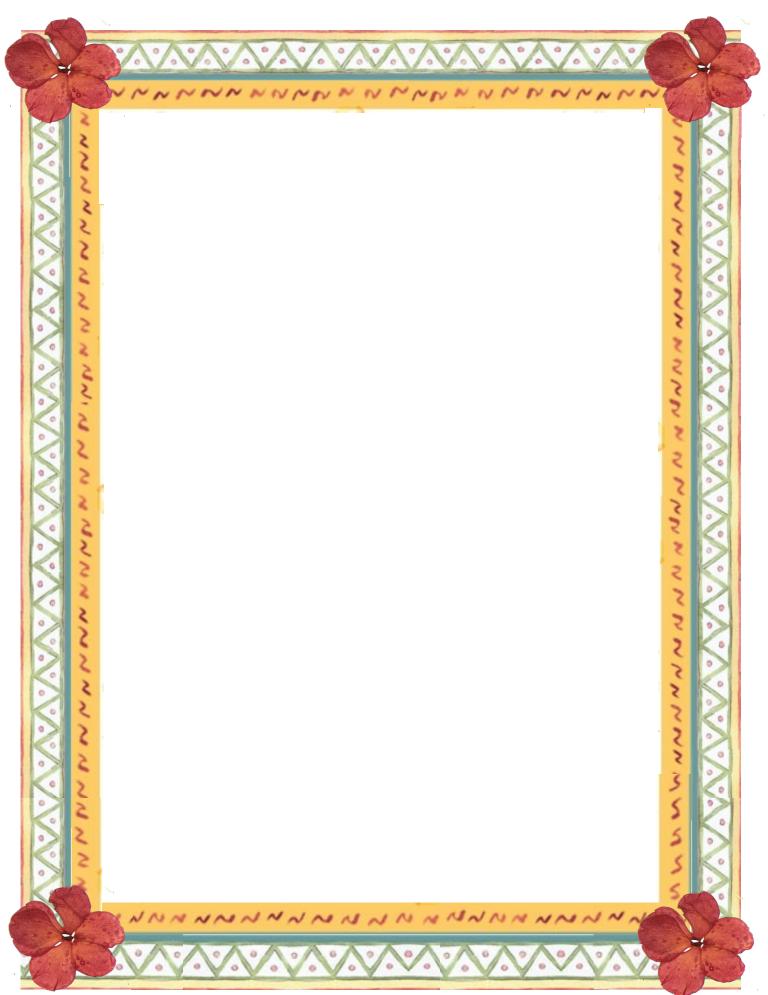
Most of life is the going, not the getting there, for when one gets to where one thought one was going, one inevitable feels the need to go somewhere else. It's all an adventure, Princess, an enlightening adventure. Be happy. The best is yet to come.

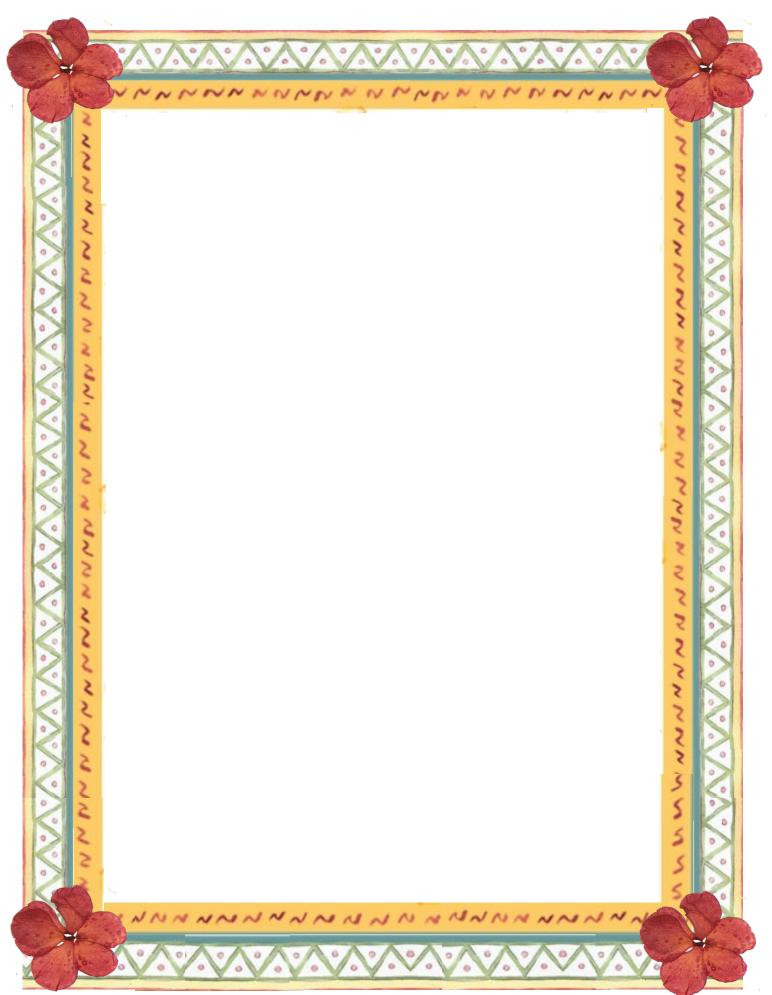
From *The Princess Who Believed in Fairy Tales* by Marcia Grad

The following blank pages are for you to use to write your story. If you need more pages, feel free to make more copies.

Remember, you are the heroine of your amazing adventure—your life!







After writing your story, here are some ideas to keep playing with your new story. Make a collage of your story. It doesn't have to be a literal depiction; it could capture the essence and feeling place of your story. After creating a collage, you may discover you want to make changes to your story. Create a painting or dance inspired by this story. Illustrate you story by creating your own storybook starring YOU. Reflection Questions Let's consider how this story relates to your life. Take some time to write out the answers to these questions. Where have you limited your ability to imagine a future for yourself that nourishes your soul? What was positive, uplifting, surprising, insightful or inspiring? How do you access your strengths, gifts, intuition and inner being in support of becoming who you really are? What small, inspired action could you take today to start making your new story



This is going to be fun! Watch for signs of your story unfolding around you. Look for characters and symbols from your story to appear, events to occur, and gifts to present themselves in the world around you.

You may even feel inspired to change the way you dress, even how you move through your day.

Live as though everything that happens is an event in a story in which you are the heroine, and the story is about your personal journey into the land of your true heart's desire!



About Silky Hart

Silky Hart is a Certified Expressive Arts Practitioner with a degree in Dance and a master's degree in international Business. For more than 20 years she has been leading sessions, workshops and retreats in creative expression in a wide variety of settings including shelters, schools, treatment centers and healthcare facilities.



Silky believes in illuminating magic, in spectacular possibilities, in uplifting joy and in unbridled creative expression!

Through workshops, retreats, online classes and one-on-one counseling, Expressive Hart empowers and inspires women and men to joyously connect with their creative spirit to manifest the their personal and professional dreams.



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