

# What kind-of storyteller are you?

a self-assessment

*Use your journal for this course and walk through these questions.*

## EVERYONE HAS A STORY.



### WHERE DO YOU TELL STORIES?

Kitchen counter, only with a couple drinks in ya, at work, in the car, to children, with friends, giving toasts, making a sale, etc. We all tell stories in multiple places. Where are the stakes the highest regarding your storytelling?

### WHAT KIND-OF STORYTELLER ARE YOU?

Are you just about the facts? Are you an exaggerator? A re-enactor? A bit of a stand-up comic? A bit of a reluctant storyteller?.



### WHERE DO YOU FEEL THE MOST RELAXED WHEN YOU'RE TELLING STORIES?

You show your full personality and warmth. You don't 2nd guess yourself later. You get good feedback. You are vulnerable, critical, honest, confused, etc.



### WHERE ARE YOU THE MOST STRESSED WHEN YOU'RE TELLING A STORY?

You suddenly have verbal tics (um, uh, so). You beat yourself up for days after these storytelling moments. You fade to the background instead of willingly telling a story in this venue.



### LASTLY...WHY ARE YOU HERE? WHAT DO YOU WANT TO GET OUT OF THIS COURSE?

Take a moment to do this honest self-assessment of your own storytelling skills. You may have signed up to make time for yourself to think, compose, improve, practice. You may have signed up to overcome anxieties you have about yourself when it comes to public speaking. You may have a larger vision/project in mind, and need, at this moment, to get better at expressing it. I think the following work will wrap itself around your reasons for being here...as long as you have a good idea about why you are here, and what you want.