

## **Creating a Story—Story of Your Future Self**

Storytelling allows you to better understand yourself, practice empathy for others' perspectives, and influence the world around you in a positive way. It creates shared experiences and emotions, and builds connections.

Science demonstrates that the stories we narrate to ourselves have the power to influence our thoughts and actions. By being honest with ourselves as we craft stories, we can better understand our passions and purpose. In addition, by learning from our past and envisioning our forward path, and telling these stories to ourselves and others, we can build resiliency and confidence. As you head into the final chapter of your college career, it's important to be able to articulate who you have become by envisioning who you will be. You may be asked early in your career about your goals, and it is important to have some idea of what these could be, professionally and personally. Please prepare a story of your future self!

Write a story about who you will be in 5-10 years. Pick a situation and share a "scene" of your life. You can describe your professional and/or personal life. You may wish to create a connection from something you are doing now to what you will be doing later, even if it's not initially obvious to the reader. Usually there is something that we take from where we are to where we aim to be. There are always nuggets we carry forward.

Remember, your story must have transformation—anxiety to relief, being silenced to being heard, uncertainty to resolution, misunderstanding to being able to communicate. Set the scene and boundaries of your story through the context, provide lots of juicy details to keep your listener engaged in your story, build the audience up to your transformation and bring them through your emotions to the resolution. Get folks interested in the first place, through a hook. This is not scientific writing, but narrative writing. It's fun! Enjoy dreaming!

Pick a scene:

Craft the transformation:

Use your senses to imagine memorable details: