**Story Moment Prompts**

Introduction

Stories are told in scenes, or moments, so when we start looking for stories to tell, all we need to find is the moment, the instant we had a realisation or connection, or an emotion arose.

Of course sometimes our stories are much bigger than that, with a whole train of significant moments, and the challenge is to choose which ones to use.

And sometimes we only remember the ‘era’ or period of the events, without the specifics, but to tell a story, we need to drill down and find at least one moment you can see and feel.

The workshop will discuss and develop these ideas in more detail, but to get the most out of the time on the day, it will really help if you have spent some time beforehand contemplating the ideas below, and better still made some notes. And if you don’t get a chance before the workshop, these prompts will hold you in good stead for other story work down the track.

**The Prompts**

Read over this list and initially choose the area that most resonates with you to work on. Spend as much time thinking and writing on this as you can or need to. It is better to fully reflect on one area or question, than do all but only superficially. If you get done and want to explore another area, or all of them, go for it.

One question to hold in mind when contemplating memories for their use as a story, is to ask ‘How am I different at the end of these events from how I was at the beginning?’ Often as not the answer to this question is found in the story crafting process, but we need to feel there will be an answer before we start. Another way of asking the question is ‘What did I learn from this experience?’

On leadership

Think of any moments when you decided that you could make a difference by taking on a leadership role?

Think of any moments when you remember being beautifully guided or lead by someone in your work?

Think of any moments when you were lead in a way that you resented or found isolating, damaging or painful?

What turning point moments do you remember that helped you understand or realise better your role as a leader?

What moments can you pinpoint when you decided to change how you lead?

Think of any moments when you made a mistake at work.

On self care:

Think about one or more moments when you realised you needed to take time to care for yourself.

Think of any times when you were advised to take the time to care for yourself, or when you were called upon to advise someone else to do some self care.

Think of any moments or time when you felt or saw the impact on yourself or another, of not taking the time to care for yourself.

On service as a health care worker

Think about times as a child or young person when you knew you wanted to work to care for others

Think about a person who has been influential in relation to how you approach your work, and think of a moment where their words of actions touched you.

Remember some of the pivotal or stand out moments when you were changed by the events of work you were doing

On emotions in your work

Think about a moment in your work you were deeply emotional touched by events that unfolded

Think about a moment you were hurt by events, words or action in the workplace

On values:

Look over the list of values below and choose three values you hold or would like to hold in your life and/or work

Ponder each of the three values and jot down any moments you remember where these values were in motion.

* Authenticity
* Achievement
* Adventure
* Authority
* Autonomy
* Balance
* Beauty
* Boldness
* Compassion
* Challenge
* Citizenship
* Community
* Competency
* Contribution
* Creativity
* Curiosity
* Determination
* Fairness
* Faith
* Fame
* Friendships
* Fun
* Growth
* Happiness
* Honesty
* Humor
* Influence
* Inner Harmony
* Justice
* Kindness
* Knowledge
* Leadership
* Learning
* Love
* Loyalty
* Meaningful Work
* Openness
* Optimism
* Peace
* Pleasure
* Poise
* Popularity
* Recognition
* Religion
* Reputation
* Respect
* Responsibility
* Security
* Self-Respect
* Service
* Spirituality
* Stability
* Success
* Status
* Trustworthiness
* Wealth
* Wisdom