

- ☐ Does your narrative address a clear and relatable problem?
- ☐ Do you have a clear CENTRAL THEME and FOUNDATIONAL PHRASE?
- ☐ Does your OPENING SENTENCE orient the listener to your narrative?

AND

- ☐ Does your story center around a relatable main character [The SEEKER]?
- ☐ Do you begin by showing the Seeker's EVERYDAY LIFE?
- ☐ Does the Seeker's goal match your AUDIENCE'S aspiration?

BUT

- ☐ Do you introduce the conflict with a specific INCITING INCIDENT?
- ☐ Do you ESCALATE your conflict?
- ☐ Do you create tension with a TICKING CLOCK deadline?
- ☐ Do you include a LOW POINT moment for your main character?
- ☐ Do you introduce a guide [The COMPASS] in this part of the narrative?
- ☐ Do you share the Compass's WISDOM in this part of the narrative?
- ☐ Do you show the Seeker IMPLEMENTING (perhaps reluctantly) the wisdom?

SO

- ☐ Do you share the MOMENT OF SUCCESS in this part of the narrative?
- ☐ Do you illustrate the main Seeker's NEW LIFE after the moment of success?
- ☐ What is the LESSON LEARNED to share with your audience?
- ☐ Do you re-share your FOUNDATIONAL PHRASE at the end of the story?