

Ch 18 Tell stories in the present tense (if you can)
And backstory in the past tense strategically.

Don't practice in front of a mirror.

Ch 19 If you're telling a success story.

- Malign yourself
- Marginalize your success

Ch 20 Don't mess up the time travel of storytelling

- no rhetoricals
- no addressing the audience
- no props
- no anachronisms (make the times make sense)
- don't say "story"
- downplay your physical presence when telling one

Ch 21 Words can be taken out of context. Choose carefully.
 ↪ Profanity is easy, vulgarity must be crafted as eloquently as possible (think talking to parents/grandparents). Change names.
 Don't make celebrity/pop culture references. No accents (except family).

Ch 22 When performing, let nerves serve you, don't minimize. ;)



Eye contact - pick 2 sides & people who like you.

Control emotions - Tap into video game not fp!

Use microphone properly & well.

Ch 23 Storytelling is a superpower. By exposing yourself through vulnerability and authenticity, other people are bound to do the same. When you grab the attention of a group, you have the opportunity to entertain, engage, teach, inspire, console! It is the teller's responsibility to make the subject fun. When you are entertaining, people learn better. You convey info more effectively. You are a better teacher, presenter, coach, parent, dinner companion.

How: When writing a story, carefully pay attention to tenses.

Why: Put your audience where you were. More engaging.

When: Writing or telling a story. But don't stress too much.

Why: It's not a realistic representation of what to expect and makes you pay attention to what doesn't matter (how you look)

How: In my successes, think about how I can make it meaningful (not braggy).

Why: People are rooting for the underdog, not the hero.

When: Crafting a story on success. (My interviewing)

How: To guide me - but not to be confused for some YT videos.

Why: Don't wanna ruin magic of the story.

When: When writing a story.

How: Help with potential misconception: of my story/ineffectiveness

Why: Well, duh.

When: Telling a story that could have controversial stuff.

How: Soothe me into storytelling, make common pitfalls easier

Why: Remain authentic, keep audience fixated, minimize nerves.

When: When "performing"

How: To squash my insecurity of being boring and verbose.

Why: " and b/c I want to be the best parent, leader, presenter, dinner companion I can be. Maybe having stories is my secret weapon against fearing social interaction. By squashing the insecurity, I can realize my true potential.

When: Everyday and especially when I'm lazy to work on this craft.