SAMPLE CORE STORY WORKSHEET

This is an abbreviated version of the form that you would complete as a client, the beginning of the process of digging into your enduring motivations. The full version includes detailed instructions and additional examples.

Try it out:

STEP ONE
Write summary statements of specific things you accomplished that you enjoyed doing, believed you did well and from which you felt a sense of satisfaction.

CHILDHOOD
•

TEEN YEARS
•

AGE ____
•

STEP TWO
Select one of the most important activities from the summary statements.

STEP THREE
Using that chosen activity, describe:
• How you got involved in the activity;
• The details of what you actually did (elaborate and expand); and,
• What about the activity was particularly enjoyable or satisfying to you?
EXAMPLE:

STEP ONE
CHILDHOOD
  • Wrote a set of superhero-themed poems that were really good for English class

AGE (College Years)
  • Built a working clock out of Lego
  • I ran my first half marathon in 2014 and went on to run a second the following year with a 2 hour time. Later in the year ended up running a 10km race with a friend last minute and was able to do it in under 45 min which was a major feat in my mind.

AGE (Late Twenties)
  * • Designed and built a piece of wall-hanging art that depicts a bear using different-sized holes

STEP TWO
See * above

STEP THREE

One line summary statement:
  Designed and built a piece of wall-hanging art that depicts a bear using different-sized holes.

How you got involved:
  I saw a picture on the internet that showed a piece of wall art that had been made by drilling holes of different sizes representing darkness values to end up showing a pixelated world map.

Details of what you did (how you actually went about doing it):
  I first examined the image on the internet in order to figure out exactly how it had been made, then set out to make my own using different materials and a different image. I started by finding an image of a bear online that was conducive to the medium (clear profile silhouette, large brightness gradients revealing shape/texture of subject). I then pixelated it and converted it to 5-colour grayscale using a simple online image-editing program.

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I then took an inventory of the drill-bits I owned and calculated the hole-area of each and found the closest-matching drill-bit for each shade of gray in the image. I then took a large piece of MDF board, drew a regular one-inch grid on it, and identified the gray to be assigned to each grid point. I pre-set the holes using an awl, then started drilling out the holes.

As I progressed drilling the holes, the bear slowly took shape, and it was very exciting to watch it appear. Once it was done I sanded it smooth and painted it. The final product is really very cool. I posted it online and it got a lot of attention from friends and family. It is now hanging in my living room and I often get compliments and questions about it.

**What was particularly satisfying to you:**

Following through with the process I imagined and finding that it created something really cool! Also feeling like I was able to stumble upon a medium that is quite simple yet rare enough that others find it quite amazing!

Try out the core story worksheet for yourself!

If you found the process enjoyable, and are intrigued by what you see, you might enjoy going through the full Story of My Work process. We assess your full Core Story, provide you with a Life Map from the results, and help you determine a course for the future with these insights in hand. Explore more details at [www.thestoryofmywork.com](http://www.thestoryofmywork.com) or inquire about cost & timing by emailing Wayne at [wayne@thestoryofmywork.com](mailto:wayne@thestoryofmywork.com).