



# Strategic Storytelling Reflection & Practice Worksheet

## Story Reflections & Mini-Challenges

### **Ancient: Herodotus – The First Historian (Greece, 5th Century BCE)**

Reflection: What story does my team currently tell about me—and what story do I want them to tell?

Mini-Challenge: Replace one explanation with a story this week. Illustrate a point with a real example.

### **Middle Era: Florence Nightingale – The Story of Data (19th Century)**

Reflection: Where am I relying on information when I should be using narrative?

Mini-Challenge: Turn one key metric this week into a simple story with a beginning, struggle, and impact.

### **Modern: Apple’s ‘Think Different’ (1997)**

Reflection: What identity does my leadership invite people into?

Mini-Challenge: Define your team’s identity in one sentence—who they are, not just what they do.

## The 3-Part Strategic Story Framework

Human Moment → Turning Point → Meaning

Element	Description	My Story Bullet Point
Human Moment	A relatable challenge, emotion, or tension.	
Turning Point	A shift, insight, or decision that changed direction.	
Meaning	The lesson, identity, or purpose behind the experience.	

Mini-Challenge: Craft a 30-second story this week using this framework and share it in a meeting or conversation.

## Weekly Storytelling Tracker

Day	How I Used Story to Create Connection or Action
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

### Journaling Prompt

What did I notice this week about how story changed engagement, energy, or clarity for those I lead?