

INDEX

SETTINGS

SOCIAL – Takes place around friends and/or family

PROFESSIONAL OR EDUCATIONAL – Takes place at work or in school

ANY OR NONE – Open to anything

STATE OF BEING (Feelings and/or Emotions)

ORANGE: Happiness, contentment, excitement, joy, reward, peaceful, winning, successful, good luck, improved ability, healthy, comfortable, achievement, energized, optimistic, bravery

BLUE: Sadness, unsatisfied, disappointed, disgusted, afraid, angry, bored, depressed, bad luck, failure, injury, physical pain, illness, discomfort, lazy, tired, pessimistic, decreased ability

ISLAND ACTION: Describe why is the character in the STATE OF BEING they are in. It is their surroundings, something other people are doing, or something the character is doing? Or is it all three?

EVENT TO CAUSE STATE CHANGE: Name single event that changes the characters STATE OF BEING from ORANGE to BLUE or vice versa. Examples include: winning the lottery, a loved one dying, getting a promotion, breaking up, etc.

JOURNEY ACTION: Describe how is the character dealing with the EVENT TO CAUSE STATE CHANGE. Did the EVENT TO CAUSE STATE CHANGE give the character a new goal? If there is a new LOCATION or SETTING, how did the character get there?

LESSON LEARNED: Describe what the character learned in the story. What did they discover throughout their journeys? Do they know anything new about themselves, other people, or the world around them? Do they have new goals or a fresh outlook on life?

PHASE 1 - RANDOM STORIES

CHARACTER: _____

LOCATION: _____

ACTION: _____

STATE OF BEING: _____

TITLE: _____

CHARACTER: _____

LOCATION: _____

ACTION: _____

STATE OF BEING: _____

TITLE: _____

PHASE 2 - ISLAND BUILDING

SETTING: SOCIAL

STATE OF BEING (ORANGE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: SOCIAL

STATE OF BEING (ORANGE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: SOCIAL

STATE OF BEING (BLUE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: SOCIAL

STATE OF BEING (BLUE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: PROFESSIONAL OR EDUCATIONAL

STATE OF BEING (ORANGE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: PROFESSIONAL OR EDUCATIONAL

STATE OF BEING (ORANGE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: PROFESSIONAL OR EDUCATIONAL

STATE OF BEING (BLUE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: PROFESSIONAL OR EDUCATIONAL

STATE OF BEING (BLUE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: ANY OR NONE

STATE OF BEING (ORANGE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: ANY OR NONE

STATE OF BEING (ORANGE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: ANY OR NONE

STATE OF BEING (BLUE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

SETTING: ANY OR NONE

STATE OF BEING (BLUE): _____

SPECIFIC LOCATION: _____

ACTION: _____

TITLE: _____

PHASE 3 – SELECT FOUR ISLANDS

Island 1 Title (Orange State of Being)

Island 2 Title (Blue State of Being)

Island 3 Title (Orange State of Being)

Island 4 Title (Blue State of Being)

PHASE 4 - JOURNEYS

JOURNEY 1

PREVIOUS STATE (ORANGE 1): _____

UPCOMING STATE (BLUE 1): _____

EVENT TO CAUSE STATE CHANGE: _____

NEW LOCATION / SETTING? _____

ACTION: _____

JOURNEY 2

PREVIOUS STATE (BLUE 1): _____

UPCOMING STATE (ORANGE 2): _____

EVENT TO CAUSE STATE CHANGE: _____

NEW LOCATION / SETTING? _____

ACTION: _____

JOURNEY 3

PREVIOUS STATE (ORANGE 2): _____

UPCOMING STATE (BLUE 2): _____

EVENT TO CAUSE STATE CHANGE: _____

NEW LOCATION / SETTING? _____

ACTION: _____

PHASE 5
FINAL JOURNEY

PREVIOUS STATE (BLUE 2): _____

UPCOMING STATE (ORANGE NEW): _____

EVENT TO CAUSE STATE CHANGE: _____

NEW LOCATION / SETTING? _____

ACTION: _____

[illegible]

FINAL ISLAND

SETTING: _____

SPECIFIC LOCATION: _____

FINAL STATE OF BEING (ORANGE NEW): _____

ACTION AFTER FINAL JOURNEY: _____

TITLE OF ISLAND: _____

LESSON LEARNED: _____

TITLE OF STORY: _____

PHASE 6 – FRIEND

WHICH JOURNEY DID A FRIEND JOIN ON? _____

WHAT ABOUT THIS PERSON MADE YOU CHOOSE THEM AS A FRIEND FOR
YOUR FUTURE ME? _____

HOW DID YOUR FRIEND HELP YOUR FUTURE ME? _____
