

Story Indexing

Story indexing is the first step towards telling stories like a master.

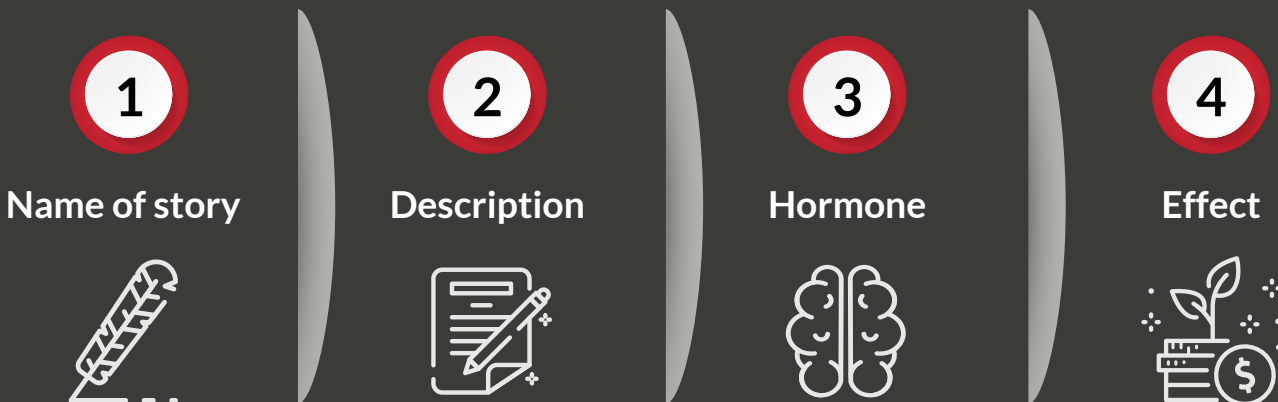
What is story indexing?

It's like having a magical remote control, that with a push of a button, can impact your audience and allow you to choose how you would like them to feel.

You may be thinking, but how is that even possible? The first step is to become more aware of the stories you tell - this is made possible by creating a story index. Let's see what that looks like:



A story index consists of four columns:



The five categories of hormones and their effects are:

1. Endorphin stories - Laughter

2. Dopamine stories - Driven, motivated and action

3. Oxytocin stories - Connection, compassion and trust

4. Serotonin stories - Pride, strong ending

5. Testosterone stories - Power, victory

By categorizing your stories, you will gain an improved understanding of them, how they impact your audience and develop your ability to deliver them like a master. Remember that you can have hundreds of stories that are different in length. Use the story indexing template to start building your own story collection, or use any editing application you prefer.