



*How you can light up a room with your colourful storytelling and humour
and never run out of things to say*

EXERCISE ONE

BRAINSTORMING AND MIND MAPPING

- ~ Brainstorm some topics that could make good stories. Don't filter it at this stage, just write down as many as you can. Come up with at least 10. Then take a piece of paper, a tablet or a computer and mind map the topics you think would make great stories.

EXERCISE TWO

THE SHORT STORY RULE

- ~ Take one of the topics you came up with in exercise one and apply the Short Story Rule to it.
- ~ What is the beginning of the story? Where does the scene begin? Where were you? Who was there?
- ~ What is the middle of the story? Fill out the details. Make the listeners feel they are there.
- ~ How can you add some imagery, sounds and feelings to the language of the story?
- ~ What is the end of the story? What is the twist in the tale? What is the punch line? What was the big realisation?

EXERCISE THREE

DO SOME RESEARCH AND TAKE ACTION TO DEVELOP YOUR HUMOUR

- ~ Go online right now and research any of the following that you may be interested in:
 - books on comedy writing
 - YouTube clips on how to be funny
 - courses on stand-up comedy
 - courses on improvisation
 - Take action on at least one of these items – today!

EXERCISE FOUR

WRITE OR LEARN SOME JOKES

- ~ Write some jokes, or learn them from books or videos.
- ~ Practise saying a joke out loud until you can deliver it fluently and get the timing right.
- ~ Deliver your joke to someone to see if it gets the reaction you want.

