



*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.

