# Personal storytrigges

**YOU CAN BASE YOUR PERSONAL DIGITAL STORY ON ONE OF THESE SUGGESTIONS...**

* An event that taught you a lesson
* A time you found the extraordinary in the ordinary, or vice versa
* A time when everything fell apart in your eyes
* Your name or nickname, where it came from, experiences you have had with it, how you like it...
* A time when you briefly saw the world through another’s eyes
* The first time you got paid for doing something
* A triumph, a victory
* A time you believed you failed
* A time you were forced to change, to do something differently
* A time you experienced or initiated an act of kindness or compassion
* A time when you told the truth even though it was really hard
* A time you violated the law, or broke the rules
* An experience of being put down, wrongly accused or embarrassed in public
* A time when you experienced prejudice or stereotyping (due to race, age, colour, clothes, hair, gender, lifestyle, accent, way of being etc.)
* A time you made a difference by getting involved
* A time when you were helped by helping
* A time when you felt extremely energized or creative
* A time when you were really scared
* The best advice you ever got
* A time you overcame an obstacle
* A time when you followed your intuition or your instinct
* A time when you felt skilled or talented
* The “first time” you ever: rode a bike, did something extraordinary, spoke to someone unknown, met someone famous, or just the first time something else happened

**… OR YOU COULD TELL SOMEONE ELSE’S STORY BASED ON ONE OF THE SITUATIONS DESCRIBED ABOVE**

**… OR YOU COULD INTERVIEW SOME OLD MEMBER OF YOUR FAMILY ABOUT LIFE IN THE OLD DAYS, AND TELL HIS/HER STORY IN YOUR OWN WORDS**