

# The Story Spine Worksheet

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A seven-prompt structure that traces back through Pixar and improv theater. Fill it in for your current issue, then read it aloud — if it takes more than ninety seconds, tighten it.

## Your story spine

**Once upon a time...**

*Who is the person at the center of this story? Use their first name and one detail.*

**Every day...**

*What was their normal? The world before the problem became visible.*

**Until one day...**

*What changed? The specific moment when the issue showed up in their life.*

**Because of that...**

*What was the first consequence? The first thing that fell out from the change.*

**Because of that...**

*What was the second consequence? The thing that made it harder to ignore.*

**Until finally...**

*What's the moment of decision? What needs to happen for this to turn?*

**And ever since...**

*What does the better future look like? Concrete, not aspirational.*

## Three contexts where this lands

School board · Zoning hearing · Library board. The same spine, the same person, the same scene. The data goes in the room with the story — never alone.