

# The Art of Storytelling

By: Audacious Endeavors





**Learning Objective:** Writing can be a powerful way for youth to express their stories and share their experiences with others. This experiential exercise helps youth formulate their story and helps them have the courage to use writing as a way to heal trauma and pain. This learning experience also encourages youth to utilize their story and newfound storytelling skills to create meaningful art and achieve emotional and economic empowerment.

## Writing and Storytelling as a Means to Healing the Human Experience

Writing can be a very healing endeavor because you are able to write out your feelings. Some of the greatest storytellers of our time have used the art of writing as a way to express themselves. Life can be a difficult experience because we live in a complex world of human systems. Sometimes the pain of life can be real and something as simple as writing out how you are feeling can help heal some of the pain and related trauma.

It's also very possible to utilize your voice and your story to create art. Think about your favorite books or movies. They are all essentially a story or plot line that someone thought up and then shared with the world. Utilizing world class methodologies of storytelling from established media houses can further enhance your economic well-being by encouraging you to monetize your artistic endeavors.

## The Rules to Storytelling

According to the great storytelling production house, Pixar,<sup>1</sup> there are key rules to great storytelling. Here are our top five picks that can help you become the great writer and storyteller that you have always dreamed of.

# **“STORYTELLING IS THE GREATEST TECHNOLOGY THAT HUMANS HAVE CREATED.”**

– Jon Westenberg; Writer

1. Create stories that are universal.

Stories that relate to the human experience that we are all feeling can create meaningful impact for the world at large. The truth is that we are all connected and we all feel pain, heartbreak, loss, happiness, joy etc. When we can clearly articulate those universal human emotions and create a meaningful story, we can captivate audiences across the globe.

**“What you’re trying to do, when you tell a story, is to write about an event in your life that made you feel some particular way. And what you’re trying to do, when you tell a story, is to get the audience to have that same feeling.”**

–Peter Docter; Pixar Director

---

1. [https://medium.com/@Brian\\_G\\_Peters/6-rules-of-great-storytelling-as-told-by-pixar-fcc6ae225f50](https://medium.com/@Brian_G_Peters/6-rules-of-great-storytelling-as-told-by-pixar-fcc6ae225f50)