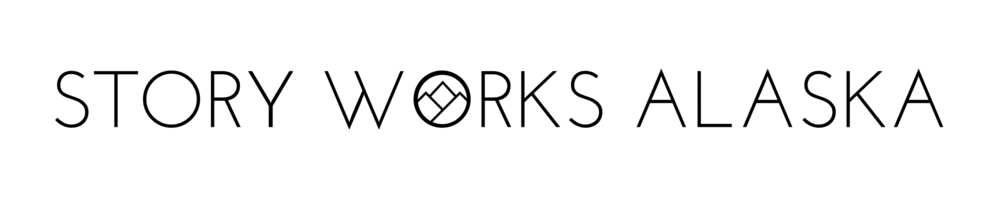
One of expectations is that your story will involve some sort of Transformation? What does this mean?

What it does NOT mean:

This does not mean that you HAVE to tell a story that is about something heart breaking or earth shattering.

Sure, you can tell a story like that if you want. But you do not have to.

What it DOES mean:

1. Really, when we say TRANSFORMATION, we also mean OUTCOME.
2. You will be able to find some sort of outcome in **any story that matters** to you.
3. You do NOT need to know what that outcome is when you first choose the story you **want** to tell.
4. An outcome can be big or tiny. Some examples include:
   1. **You survive something** (big or small) such as:
      1. Tackling an ostrich.
      2. Terrible gas pains.
      3. Or…
   2. **You realize something** such as:
      1. You LOVE football.
      2. Your mean older brother actually loves you a ton and would do anything for you.
      3. Or…
   3. **You come to understand something** such as:
      1. Why your little sister is always bothering you.
      2. Why your mom is crazy about safety.
      3. Or…
   4. **You change your mind about something** such as:
      1. Maybe you were wrong about your neighbor; he is a nice human and not a complete jerk.
      2. Maybe that tattoo wasn’t such a great idea after all.
      3. Or…