

My Little Stories

A printable journal

A gift for you from

LAURA PASHBY

@circleofpines #littlestoriesbook



Hardie Grant
QUADRILLE

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Dear Reader,

Thank you so much for choosing to pre-order my book *Little Stories of Your Life*. I am thrilled to know that a copy of it will soon be in your hands and placed beside your bed, on your kitchen table, or on your bookshelf. It means the world to me that you will read my book, because I wrote it for you.

This journal is an exclusive gift for readers who have pre-ordered, a thank you from me to you. It is a companion to *Little Stories of Your Life* and I encourage you to work through these pages as you read the book itself, which will guide you through the process of telling your little stories. You may choose to print out these pages and stick them individually into your own journal, to print them together as a booklet to keep alongside you as you read the book, or to read them on your screen and to write directly into a notebook. Perhaps you will take some photographs that tell your story, and stick them in to add to your words. Use this journal in whatever way works best for you.

Each journaling task refers to a specific page in the book, where you will find more detail about the exercise — what I suggest you do, and why. At the end of the journal, I've included some bonus content for you: my Seven Secrets for Sharing Your Stories on Social Media. I'd love to see a picture of your writing, and to hear how you get on with this journal. If you share your journal (or your copy of *Little Stories of Your Life*) over on Instagram, please do tag me @circleofpines and add the hashtag #littlestoriesbook.

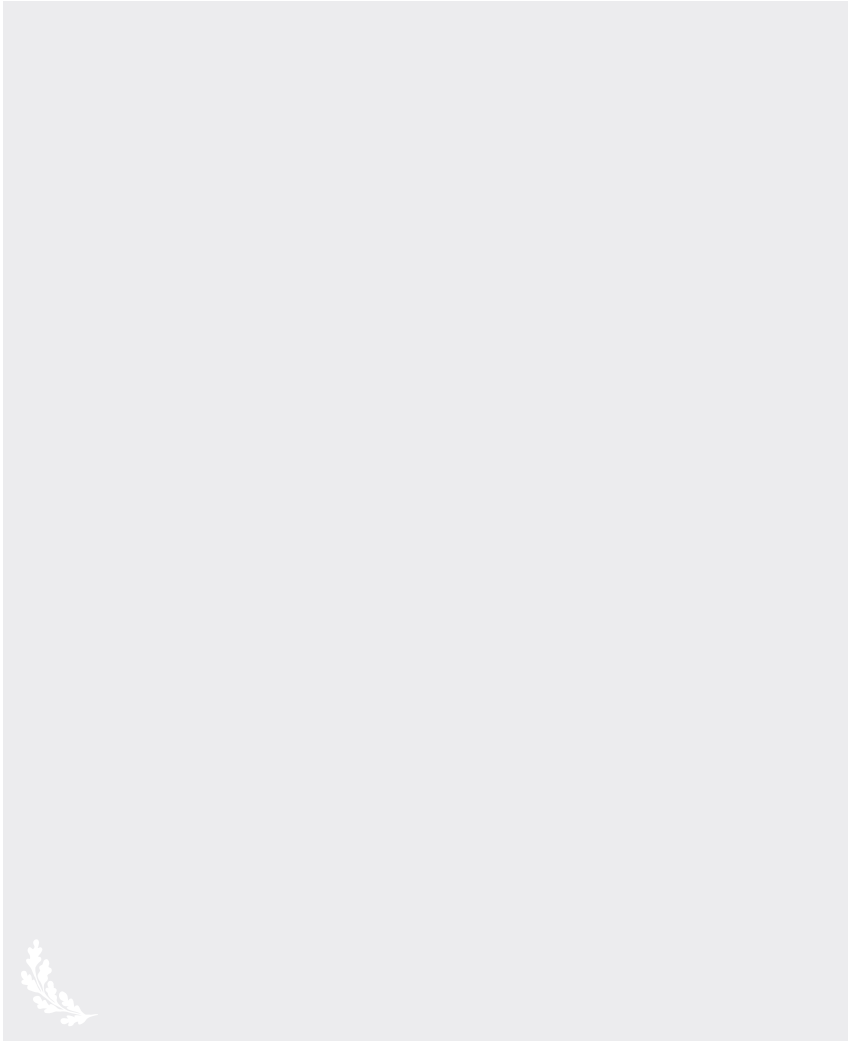
Let's set off together on a gentle storytelling journey.

Laura xx

ANY CUP OF TEA CAN CONTAIN A MULTITUDE OF STORIES.

Tell the story of your own cup of tea here.

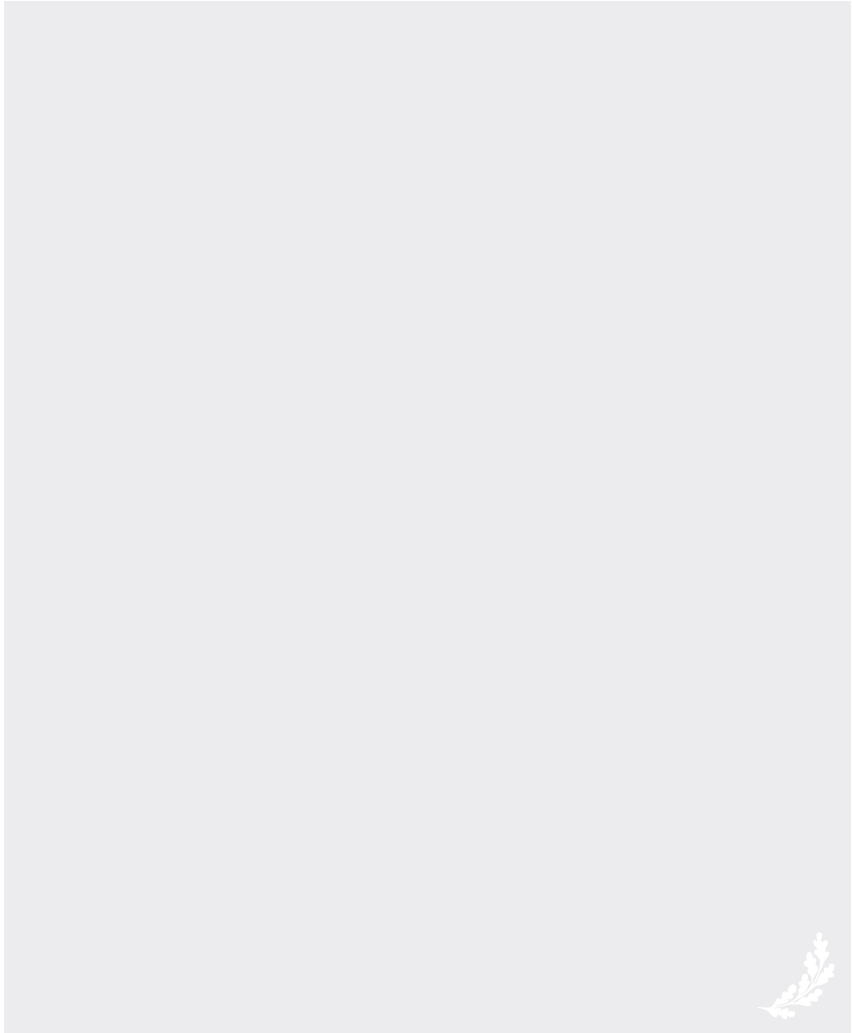
◆ *Little Stories of Your Life page 20*



LISTS ARE A CONDENSED FORM OF STORYTELLING THAT HELP US TO FOCUS THOUGHTS AND ATTENTION.

A page for your lists.

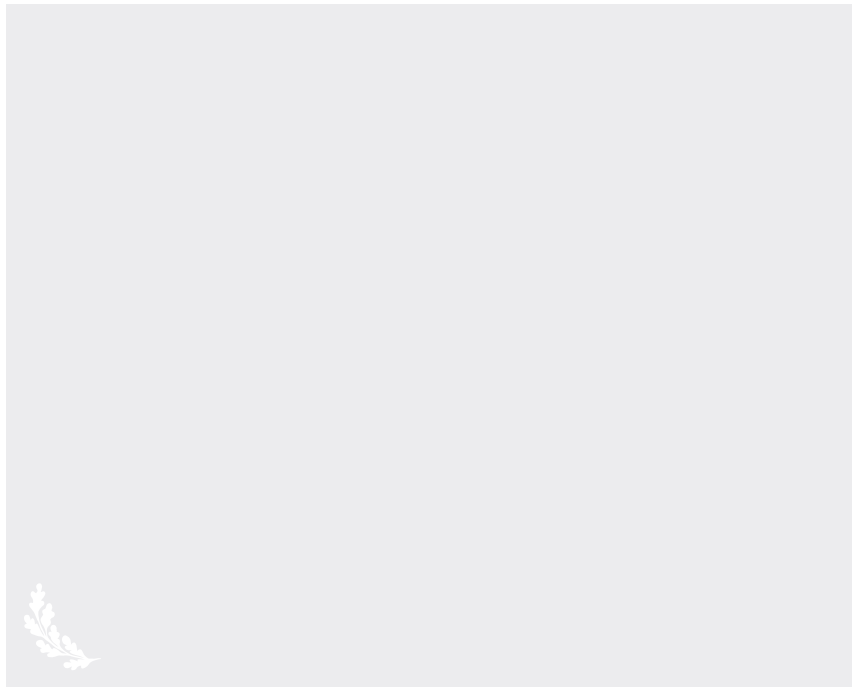
◆ *Little Stories of Your Life page 25*



Capture a butterfly moment with a here and now exercise.

- What can you see?
- What can you hear?
- What touch sensations do you feel?
- What textures do you notice?
- What physical sensations do you feel (e.g. hunger, aches, etc.)?
- What can you smell?
- What is the temperature and humidity of the air?
- What is the quality of the light?
- What additional sensations or feelings do you notice in yourself, here and now?

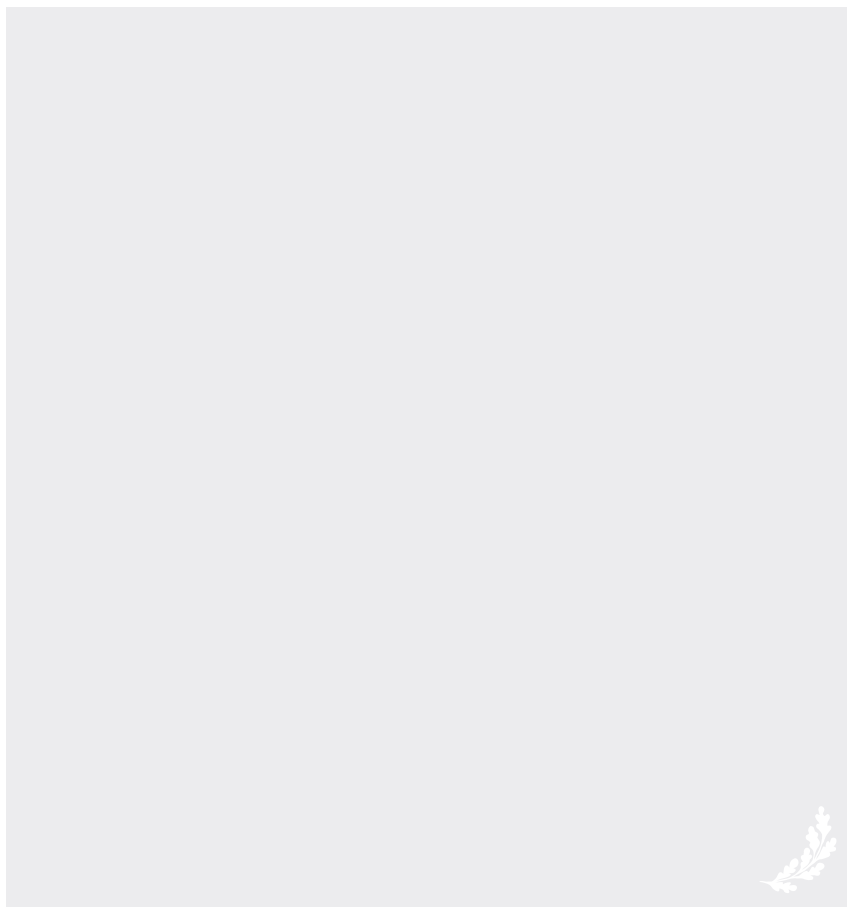
◆ *Little Stories of Your Life page 52*



MAKING THE CHOICE TO CONSCIOUSLY SEEK OUT DELIGHT
(OR JOY, OR ANY OTHER POSITIVE EMOTION) IN OUR
STORYTELLING CAN LEAD TO US EXPERIENCING MORE OF IT.

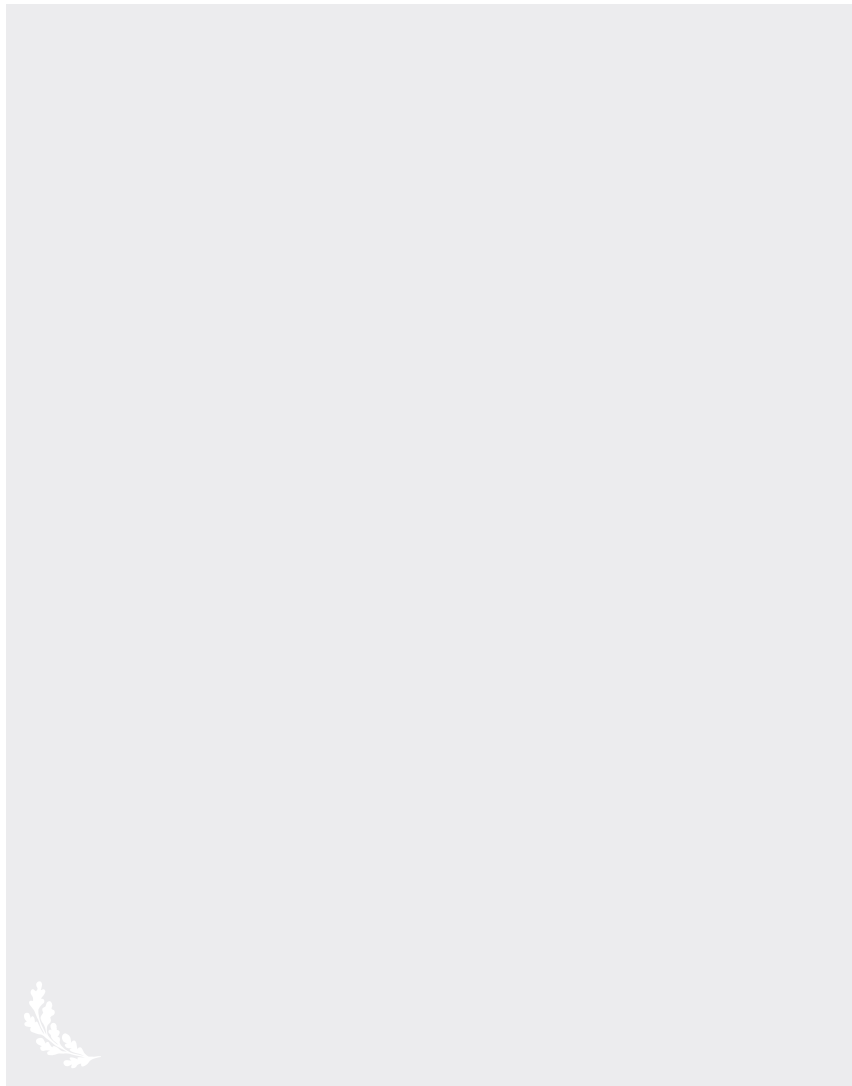
Experiment with writing from the perspective of a specific emotion;
record your day through the lens of delight, joy, gratitude, curiosity
or contentment.

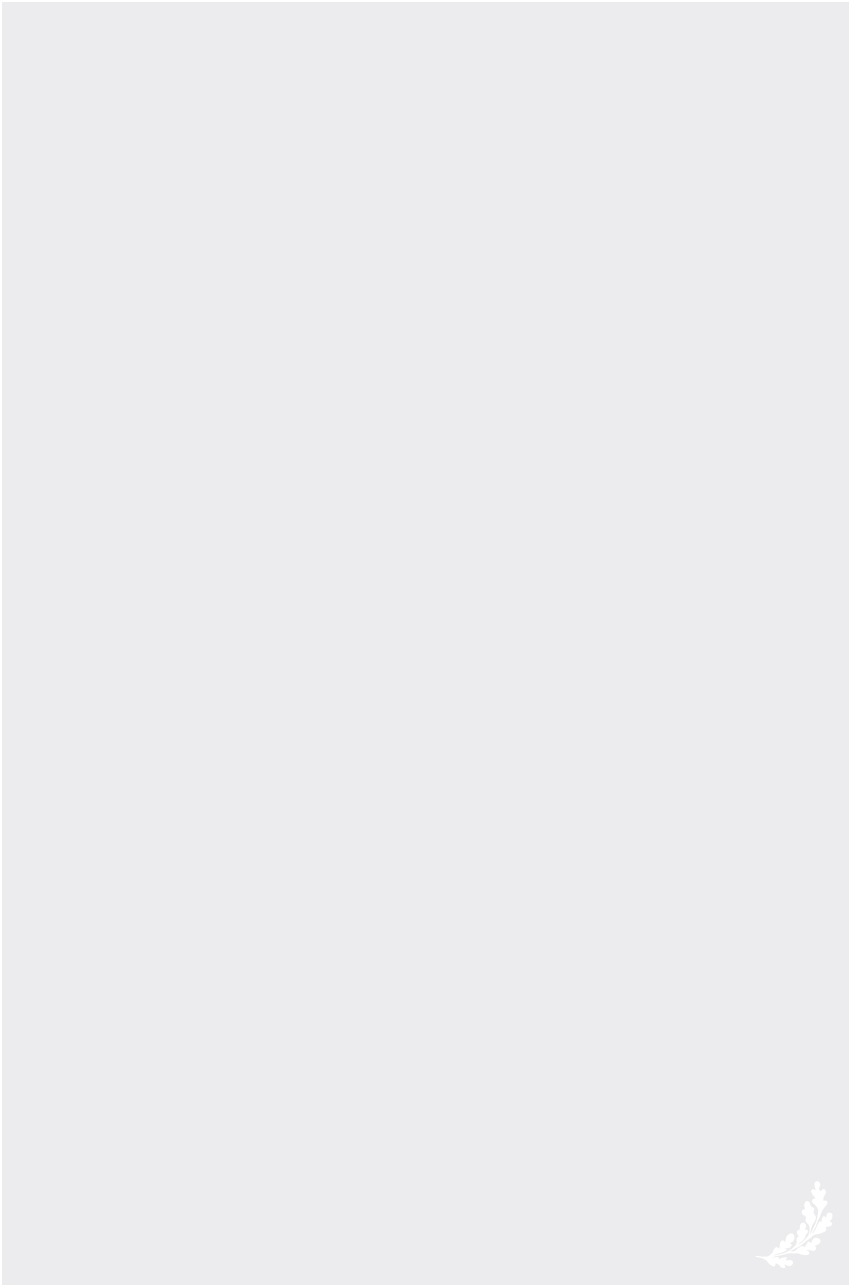
◆ *Little Stories of Your Life page 80*



Use these pages to gather inspiration — words or images that you feel drawn to, or that speak to you.

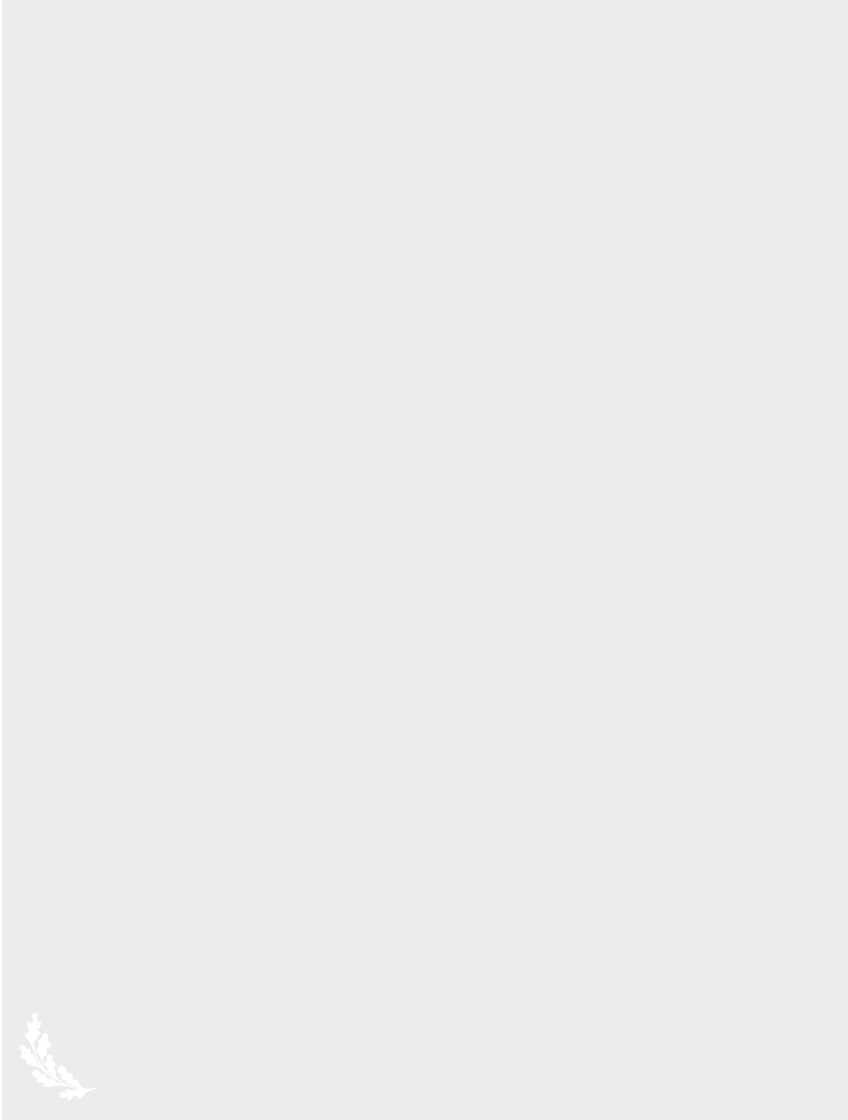
◆ *Little Stories of Your Life* page 92





Reflect on what creativity means to you.

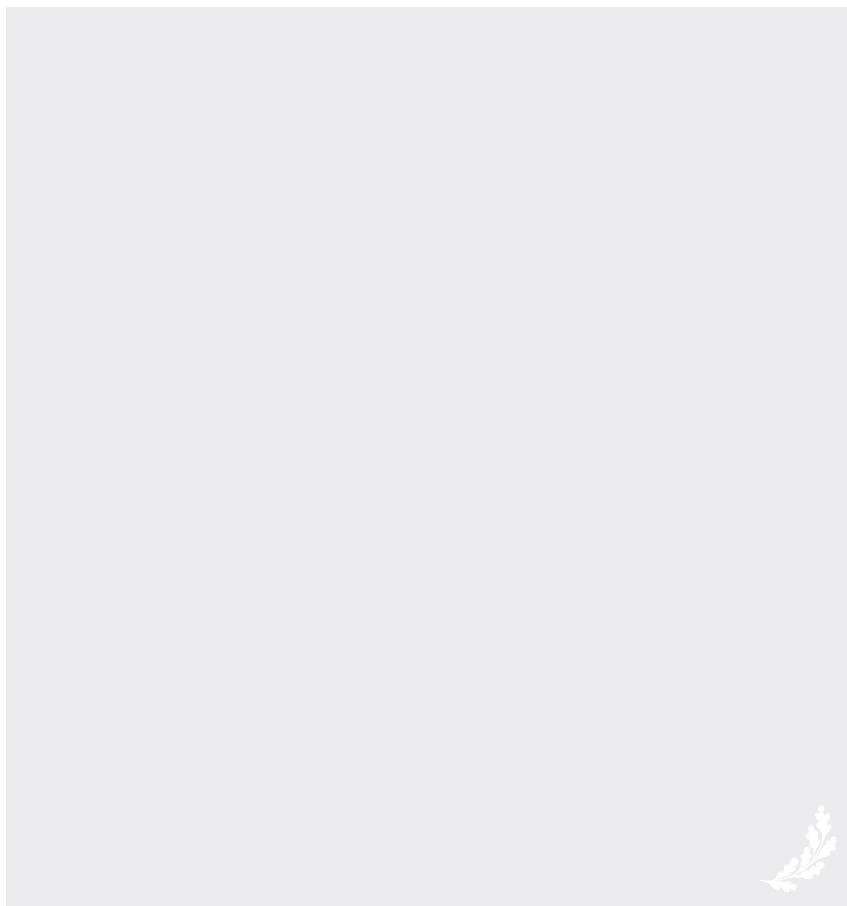
◆ *Little Stories of Your Life page 108*



DETAILS ARE THE WAY IN WHICH A STORYTELLER ENSURES THAT A STORY IS MEANINGFUL; THEY ANCHOR IT TO A SPECIFIC TIME AND PLACE, TO ONE PARTICULAR LIFE.

Write a few sentences to describe an object that has meaning for you. Try to use words as sparingly and accurately as you can in order to capture the essence of the thing that you are describing.

◆ *Little Stories of Your Life page 128*



A COLLECTION IS A GROUP OF OBJECTS OF ONE TYPE. IT DOESN'T MATTER WHETHER THOSE OBJECTS ARE PRICELESS PAINTINGS, SILVER TEASPOONS, BOOKS, STAMPS, SHELLS, ORNAMENTS, BADGES OR PEBBLES – WHAT MAKES THEM INTERESTING IS THE STORIES THAT THEY TELL ABOUT THE PERSON WHO HAS COLLECTED THEM.

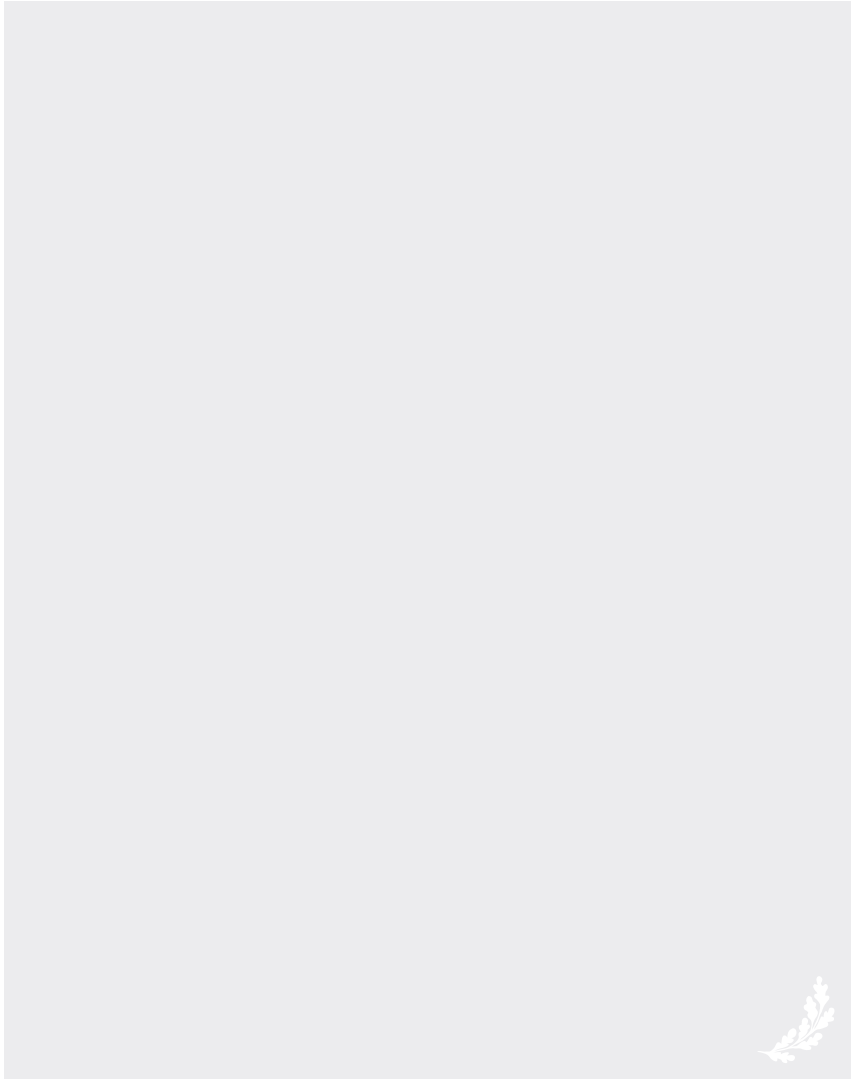
Tell the story of one or two specific pieces from your own collection: describe them, explain how and why you acquired them, reflect on how you felt when they became part of your collection.

◆ *Little Stories of Your Life page 150*



Write a little story from your life, telling it reflectively from the voice of experience.

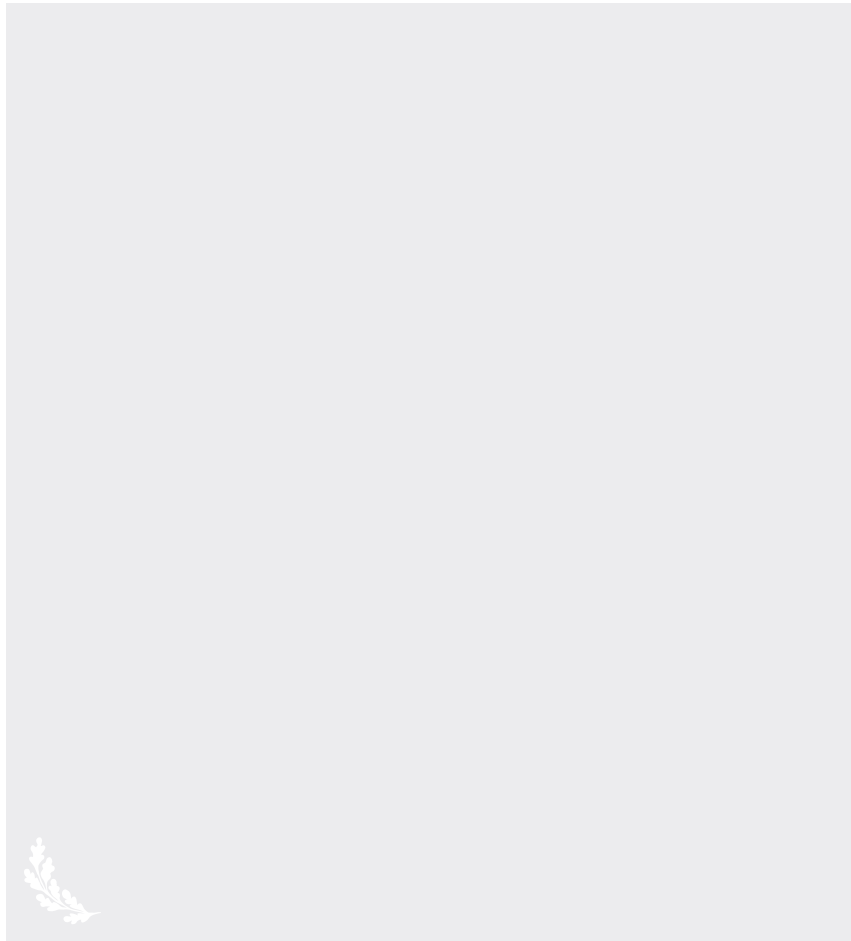
♦ *Little Stories of Your Life page 190*



A DESCRIPTIVE TIME CAPSULE TELLS THE STORY OF A
MOMENT, YOU ARE RECORDING WHAT IT WAS TO BE YOU
- WHO YOU WERE AT THAT PARTICULAR INSTANT IN TIME.

Write your own descriptive time capsule for a moment that you would
like to preserve in order to allow yourself to revisit it in the future.

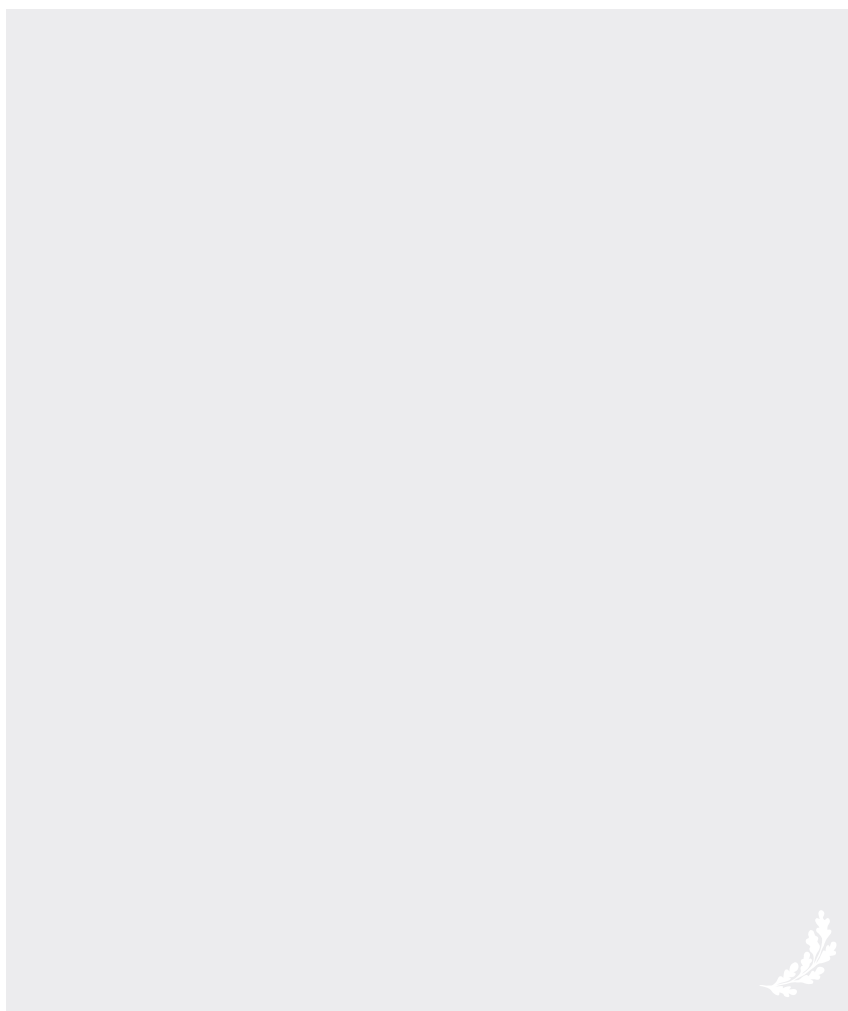
◆ *Little Stories of Your Life page 219*



YOU ARE AT THE HEART OF ALL YOUR LITTLE STORIES.

A space for you. Either stick a photographic self-portrait here, or write a word-portrait.

◆ *Little Stories of Your Life page 236*



Seven Secrets for Sharing your Stories on Social Media

1. CONSIDER THE CONTEXT

Your story needs to be rooted in a time and a place. Rather than tell this explicitly, you can give your audience details that let them know when and where the story occurs.

2. APPEAL TO THE SENSES

Choose one or two of your senses and use them to reveal how you experienced the moment.

3. STAY SUCCINCT

Little stories should be just that — little. Keep your story clear and brief, leave the audience wanting more.

4. MAKE A CONNECTION

The stories that really stay with us are those that have emotional resonance. Aim to reach out and connect with your audience. How can you appeal to their feelings or experiences? How can you move them?

5. BE BRAVE

If you feel you can, open up and share with your audience a little something of who you are and what you love.

6. LOOK FOR PATTERNS

Can you include a recurring element in your story? Does the end of your story recall the beginning?

7. TELL A TRUTH

Every little story should contain within it a kernel of truth — a moment, or feeling, of meaning or significance. If you can find this, the rest of your story will flow from it.



‘IN OUR NOTEBOOKS, WE PRESS OUR
PAST SELVES BETWEEN THE PAGES
LIKE DIAPHANOUS FLOWERS, SO THAT
WE CAN LOOK BACK AND REMEMBER
WHO WE USED TO BE.’



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I SHARE MY OWN STORIES HERE:

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