

## Week 1 Workshop: Order and Chaos

Think of a story from your own life where you went through an experience that caused you to grow and/or change. Using the circle below, think of how your own story goes from start to finish — from order to chaos and back to order again.

### HARMON'S STORY CIRCLE

**1. YOU**

*A CHARACTER IS IN A ZONE OF COMFORT*

**2. NEED**

*BUT THEY WANT SOMETHING,*

**3. GO**

*THEY ENTER AN UNFAMILIAR SITUATION,*

**4. SEARCH**

*ADAPT TO IT,*

**5. FIND**

*GET WHAT THEY WANTED,*

**6. TAKE**

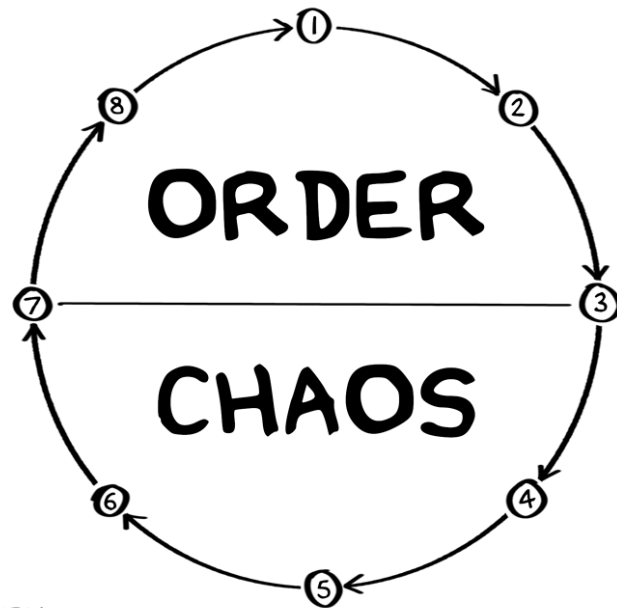
*PAY A HEAVY PRICE FOR IT,*

**7. RETURN**

*THEN RETURN TO THEIR FAMILIAR SITUATION,*

**8. CHANGE**

*HAVING CHANGED.*



Write answers to the following questions in your sketchbook:

- 1) What mindset needed to change in you in order to grow?
- 2) What event took place that plunged you into chaos?
- 3) What emotional or physical obstacle did you have to overcome in the height of chaos?
- 4) What new knowledge did you bring back with you?