

HOW TO GET STARTED, HOW TO STRUCTURE AND HOW TO CLOSE YOUR GREATNEST® STORY

When it comes to essays and non-fiction stories, there are various different types. There are descriptive, expository, persuasive, and reflective essays. Putting *pen to paper* and writing your **GreatNest®** story will be the equivalent of a reflective essay.

Reflective essays require you to “paint a picture” of the situation, examine your life experiences, describe your feelings and thoughts, analyze their impact and reveal what each one has taught you.



For your **GreatNest®** story, you should start by embracing the following approach and **Five Exercises** for capturing the essence of the book’s common thesis and your valuable contribution.

1. **FAMILY.** Use your own words to “paint a picture” of your family composition, family personality, your home life, and how you fit into that picture over time. You may have a list of 2-3 specific things that you vividly remember at various stages of your growth and development, which created some foundational life markers, established some life-long boundaries, opened or closed some “wounds,” or maybe even left you either puzzled or prepared.
2. **FAITH.** Share examples of when you became aware of your personal Faith in a “higher being” or spiritual connection. Describe how it might have been acquired and the impact that your Faith may have had on your overall life, your daily decisions, your fears, or your courage. Discuss the current state of your Faith and the intrinsic value it has had on your view of the world, your view of other human beings, and the universe within which we all live.
3. **Fortitude.** As you are aware, personal Fortitude is the mental, emotional, and spiritual strength that enables an individual to persevere through adversity, maintain conviction, and pursue good actions despite difficulties or fears. Think about and record how you believe your Fortitude was acquired: By intentionally facing challenges? By cultivating resilience? By making virtuous choices? And...how was it maintained? Through consistent habits? Through discipline? or Through regulating your emotions?
4. **Greatness.** Integrate your thoughts and your written recordings of the various aspects of your *Family*, *Your Faith* and *Your Fortitude*, as unveiled through the first three Exercises and thinking about **your own greatness**. To effectively do this, you must redefine the idea of “greatness” from an external “trophy” to an *internal* state of **alignment** and **potential**. **Greatness** isn’t about being better than others; it's about becoming a version of yourself that you and everyone around you *genuinely respect*.
5. **THE CLOSURE.** Simply close your **GreatNest®** story with the answer genuinely gained in Exercise Four in a fashion consistent with your *personality* and your *greatness*.

CREATE A STRUCTURE FOR YOUR STORY'S MANUSCRIPT

- Remember that segmenting the story into sections makes writing easier and helps to stick to your word count.
- Writing 200-250 words per section is far simpler than writing a block of 800 to 1500 words.
- Then, you should also divide your bullet points under each section; think of it as your story's skeleton. Make sure that you take full advantage of the output of the **Five Exercises** you used to craft and capture the essence of the book's common thesis and your valuable contribution.

Here are the essential components, along with examples of bullet points, which you can include under each section:

A. The Introduction

- I am writing this story because...
- I was motivated by...
- The goal is to share...

B. The Body Part 1 (Family)

- Why I chose to "Paint a Picture" of my Family and my Family life this way...
- The impacts my Family had on me while growing up are...
- How my family shaped my thought process...

C. The Body Part 2 (Faith)

- My recognition of existence and power of my Faith...
- The acquisition of my faith began...
- My Faith and the intrinsic value it encompasses...

C. The Body Part 3 (Fortitude)

- The emotional, and spiritual strength exemplifying my Fortitude...
- I believe my Fortitude was acquired by...
- My Fortitude has been maintained by...

D. The Conclusion

- My own greatness consist of...
- What you might learn from my greatness is...
- Who I hope my story touches...