



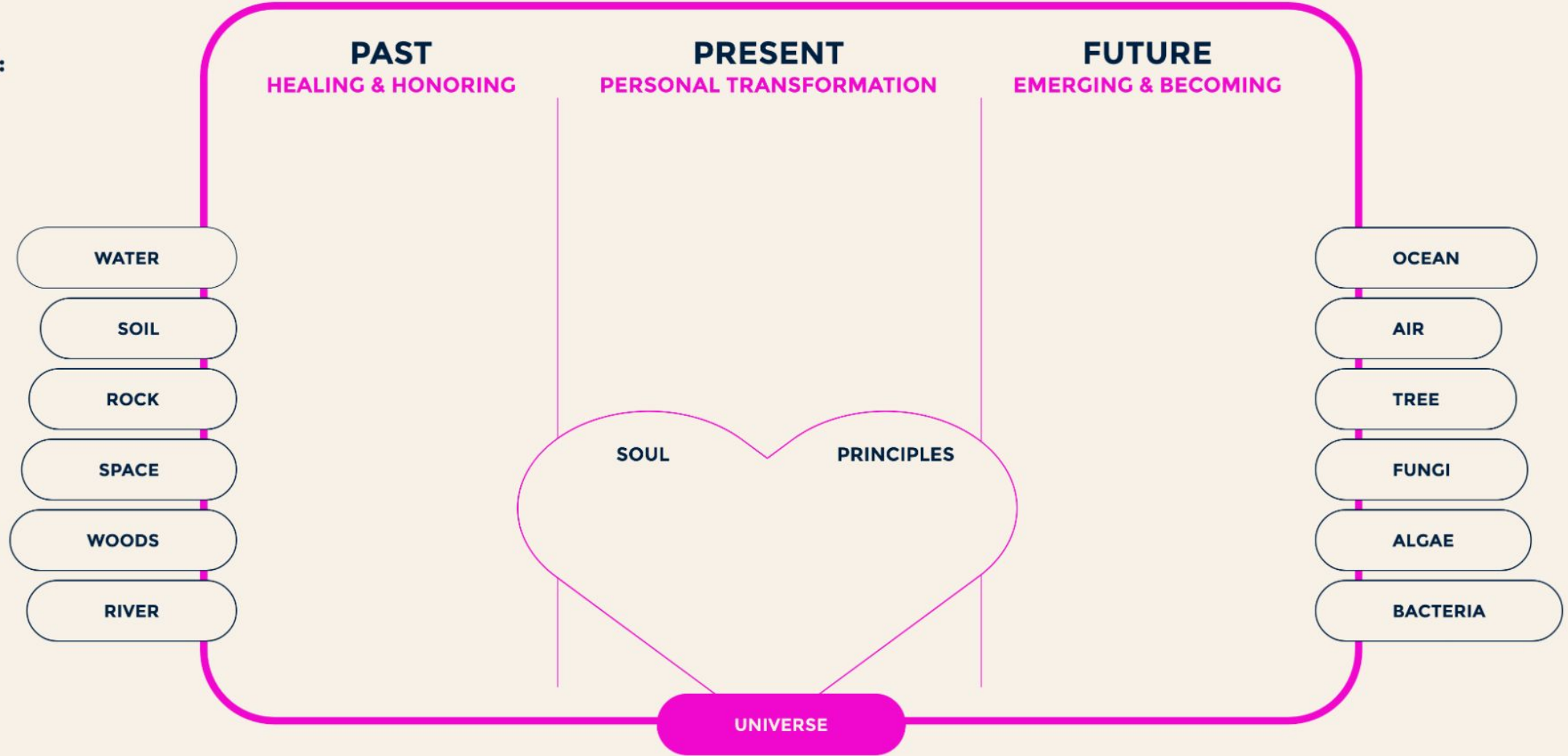
**REGENERATIVE STORYMAKING  
CANVAS 2021**

[www.abundantism.com](http://www.abundantism.com)

TOPIC:

READER:

GOAL:





## WHAT ARE THE SOUL PRINCIPLES OF YOUR REGENERATIVE STORYMAKING?

## WHAT ARE YOUR VALUES?

To give you an idea: my 3 core values are:

- Wild (soil, sea and soul)
- Diversity (human diversity & biodiversity)
- Connection (to nature, inner wisdom and other humans)

But your values might be completely different and just as valuable. Justice? Beauty? Boldness? Authority? Humor?

Connect everything you do to your values. And your life, your work and your stories will have a firm compass.

Find your values first...



NATURE ARCHETYPES	JUNGIAN ARCHETYPES
<p><b>BACTERIA</b> – The regenerative starters of the evolution. The safety of our immune systems</p>	<p>INNOCENT</p>
<p><b>WOODS</b> – Community. Together we are stronger and more resilient. We belong in the woods</p>	<p>EVERYWOMAN</p>
<p><b>FUNGI</b> - Eats what she can. Daring to be part of the decay cycle necessary to make space for the new and fresh. Connects in the dark</p>	<p>OUTLAW</p>
<p><b>ALGAE</b> – The funny one</p>	<p>JESTER</p>
<p><b>AIR</b> – Breath is pure love. Pure intimacy.</p>	<p>LOVER</p>
<p><b>ROCK</b> - Wisdom keeper. Understanding. Holder of memories</p>	<p>SAGE</p>
<p><b>WATER</b> - Goes wherever she can and records everything</p>	<p>EXPLORER</p>
<p><b>SOIL</b> - Can transform everything if she's healthy and alive</p>	<p>MAGICIAN</p>
<p><b>TREE</b> – Shifting energy. Gives shadow, sugars, and shelter</p>	<p>CAREGIVER</p>
<p><b>SPACE</b> – Creation takes place in space. Pure flow in openness. Space is where imagining the future happens</p>	<p>CREATOR/ARTIST</p>
<p><b>OCEAN</b> – 70% of our planet. Our lungs. Our Queen</p>	<p>RULER</p>
<p><b>RIVER</b> - Birthing by flow. Recorder of the world's music and energy. Connecting upstream and downstream. From rock to ocean</p>	<p>THE HEROINE, YOU</p>
<p><b>UNIVERSE</b> – All that is</p>	<p>DIVINE BALANCE</p>



## CONSIDERATIONS AND TIPS

**WORDS MATTER.** Let's be impeccable with our words and careful of stereotyping

**STORIES ARE ORGANISMS** with influence

**ONLY 3 KINDS OF STORIES MATTER.** Honoring & healing the past. Personal transformation in the present. Emerging & becoming the future

**FRAMING MATTERS.** Please be aware of context. Even silence can be framing. We spread inspiration, not manipulation. We give freedom to the reader.

**A CONVERSATIONAL TONE** will give us a connection to our readers

**STORIES NEED CATALYSTS,** no conflict

**WISDOM** comes from the inside out. Hear your intuition first

**CONNECTION TO NATURE** is connection to universal wisdom

**HELPERS AND ADVERSARIES** are mirrors and should be portrayed with lessons

**STORIES CREATE FLOW.** We can use shapeshifters, surprises, and calls to action

**STEREOTYPING** can be violent. We bring new narratives. Without fear

**WRITE IN SCENES.** Vary the energy of your stories and your paragraphs and they will come alive

**BUILD BRIDGES BETWEEN SCENES,** so readers won't get lost

**SEPARATE THE WRITER AND EDITOR IN YOU.** The writer is in flow. The editor is rationally creating structure, bridges and grammar



## HOW TO WRITE A STORY WITH THE REGENERATIVE STORYMAKING CANVAS

**START** by filling out the left upper corner:

- What's the topic of your story?
- Who will read your story? Take a persona in mind
- What is the goal of your story?

**THE HEART IS THE CENTER:**

- Fill in your core values and perhaps some extra soul principles you want to relate this story to
  
- Write short snippets about the scenes you want to include in your story. Put them in their proper place. Heal & honor, personal transformation, emergence & becoming
- The side-bars help you identify archetypical helpers/adversaries and help you come up with nature metaphors to bring your story alive
- When the snippets are there, the story has formed itself in your mind. Take a deep breath, you might do a river (flow) meditation for a few minutes, and start writing
- Write in open flow first. Make sure you write in scenes. Next day you put your editor hat on and start to do the rational editing. Make sure you have an intro, middle and call to action. Make bridges between the scenes so the reader doesn't get lost. Free your darlings (they don't contribute to this story) and save them for another story
- Experiment and practice. Get out there, find readers and connect to them. Listen to their comments, criticism and praise. Merge these with your own thoughts and let go again. Next time your storytelling brain will have expanded. And you try again.