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**Tips for Six Minute Live Stories**Adapted from [The Moth](https://themoth.org/share-your-story/storytelling-tips-tricks), [The Stoop](http://www.stoopstorytelling.com/) and shaped by local practice.

• **Tell it.** Live stories are told, not read. Please: No notes or cheat sheets.

**• Take us on a journey** that reveals something that changed or challenged you.

**• Beginnings and endings count.** Use a strong first line that sets up the stakes and grabs attention. End with an insight or discovery.

**• Know your story well enough so you can have fun.** As the Moth tips say, “Make an outline, memorize your bullet points and play with the details. Enjoy yourself.”

**• Give the audience a sense of place, time and your emotional state.** Use rich specific details that paint the setting, events, other characters and your point of view at the time. Don’t meander or list everything you saw, heard or felt.

**• Step outside of yourself.** No rants or essays! Imagine you are looking at your own life and narrating it.

• **Honesty matters. Vulnerability matters**. Being open about who you were at a moment in time when you were in a difficult or an impossible place matters and pulls listeners in.

Macintosh HD:private:var:folders:nz:51h1h1951mxfjryrqzyp7rrm0000gn:T:TemporaryItems:static1.squarespace.jpgNote on how we do “it” in Sitka   
• Our time limit for each story is six minutes with 30-60 seconds of grace, depending on the will of the timer. The limit creates a framework and sometimes helps tellers focus and avoid rambling.