

Pick a story to tell.

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Step 1

Prepare for the exercise.

Set aside 30 to 60 minutes of uninterrupted time to do this exercise.

Turn off all notifications on your phone and computer.

Step 2

Watch instruction video.

[Click here](#) to watch the instruction video for day 2.

Step 3

Pick a story and write.

Pick one of the moments from day 1 and start writing out exactly what happened.

Every time you write a statement about something that happened to you, ask yourself "how did that make me feel?"

Every time you write a statement about something you did, ask yourself "why did I do that?"

Step 4

Analyze the story.

What's significant about this moment? Why do you think you remember it?

What's something you learned that day?

Step 5 (Optional)

Self reflect on the exercise.

What did you learn from doing this exercise?

Share your thoughts on IG Story (use hashtag #5DayStoryChallenge)

Pick a story to tell.

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Instruction

Pick one of the moments from day 1 and write in detail what happened.

Include how it made you feel and why you think you reacted the way you did.

What's the significance of this event? Why do you think you remember this?

What's something you learned that day that you didn't know before?

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