



# Catering2Us **MANIFESTO**

We are calling for, supporting the development of, and promoting mini-bite personal stories from warrior (or warrior-in-the-making) **StoryTellers ( ST )** who strive for our ideals:

## **1) POSITIVE ORIENTATION TOWARDS YOUR FUTURE**

You most definitely can speak to problems and obstacles you have met, or the disparity in wealth and resources you have experienced. **BUT YOUR STORY MUST BE SPECIFIC: HOW YOU (AND OTHERS) WERE IMPACTED; HOW YOU (OR THEY) COPEd; AND LESSONS YOU LEARNED OR EMOTIONS RELEASED !**

No company or institution you have complaints with shall be properly named, instead they shall be called i.e. *a clothing store, a game tech company, etc.*

**THE STORY IS ABOUT YOU**

## **2) KNOW YOUR STORY IN ALL ITS DIMENSIONS !**

**IT IS NOT ABOUT INFORMATION; IT'S ABOUT EXPRESSION**

Even if your memoir is a paragraph long or a handful of words **MAKE IT VIVID! PUT IMAGES /EMOTIONS INTO READERS' MINDS**

Your hand might race quickly over the page or keyboard as a remembrance of a situation gushes out. *StoryTellers* then put that draft down -- to take it apart. They put significant time into jotting down ideas and researching, until their eyes are fresh. Warriors are different than fighters. Warriors have a plan and a goal they strive for; an honor system for how they treat each element of a story; and the ability to change up their tactics in the midst of a writing battle. Warriors ask themselves the questions a reporter asks to get to the heart: who/ what/ when/ where/WHY? Warriors process their stories in their heads as a scene in a movie – imagining descriptions of the people, the environment, the times, the food, even the weather. Most of this need not make it into their stories. Once a StoryTeller knows their world, they can *communicate its spirit* in a few strokes of description or expression in their stories.

## **3) STORYTELLERS HAVE INTERGENERATIONAL AWARENESS**

All ages are more thoughtful and honest when not just speaking to their peer group. Children today contend with or are exposed to 'adult' situations all the time. When StoryTellers share adult situations they do it in simple language to promote learning.



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## 4) I'M COMMITTED TO CHECKING MYSELF OUT

Do this exercise to show your commitment. Do it on your own or with family or friends.

### OVERCOMING YOURSELF

(in just 20 minutes!)

For The 1st (2) Questions You Are To Respond In The Extreme!

Imagine You Are An Actor And Have Fun Being Over-The-Top!

(Distort Your voice ! Pound The Table ! Be More !)

- 1) **As an actor**, imagine being the most negative and paranoid person you can be, even if that's not you. Write down (5) reasons why *you will never* be able to write a short story about a situation from your own life. You can list practical obstacles like time -- or the imaginary curse that follows you ! (*Explain a reason in a couple of words or in sentences.*)
- 2) **As an actor**, imagine being the most positive, confident, and creative person who knows it is cool to write about yourself. Write down (5) things that could be interesting and rewarding about writing a short story about yourself. List practical rewards and wild dreams !
- 3) **Now as an actor and with much flare**, read aloud the (5) reasons why you will never write a short story about yourself. Then read aloud the (5) things that would be cool about writing a story about yourself. You're not analyzing or solving. You're just listening.
- 4) **Now as yourself**, write (1) real reason that might end up being the biggest obstacle if you try to write about yourself. Then write the (1) biggest reward you could get from writing about yourself. Read both aloud.
- 5) **Answer this: CAN YOU FAIL WHEN YOU ARE TRYING TO LEARN ?** Write your answer down: yes or no, and why?

**This exercise will help you identify the obstacles you put up yourself (often unknowingly). You start to overcome the doubting part of yourself by just starting to talk to yourself ! Simple as it sounds, speaking aloud to yourself triggers a more analytical part of your mind.**

## 5) I WILL TREAT MYSELF AS A WRITER

Okay, yes, it can be very strange and lonely, staring at paper or screen, waiting for thoughts to come out or make sense. Writers sometimes do weird things to get into **'the zone'**. Check out [\(11\) Weird Writer Habits](#) – and then admit you can relate. Honor your own weird habits !

**"MY WEIRD HABIT !": GAME CREATOR'S SHOCKING CONFESSION:**

"When I'm just sitting down to write and struggling to get focused, I literally like to warm myself up ! I wear a most unbecoming knit cap and cozy socks and drink hot-hot tea in a thermos -- even on a hot summer's day (*I'm probably wearing shorts !*). It helps me feel contained inside of myself. Once I get going I usually peel off the cap and socks." - Trayce