

Discover Your Stories and Metaphors

Dear Friend,

SMART is as much about stories as it is about science and skills. SMART is also as much about you as it is about the core concepts. When you are teaching the program, I will love for you to teach it as “your program”, lush with your stories and metaphors.

Many of these stories are treasures waiting to be discovered. You’ll have a lot of fun discovering them.

Over the next two weeks, we will be spending time discovering our stories and metaphors. This is also the time to catch up on your reading if you have fallen behind.

Amit

The Power of Stories

No matter what your academic, professional, or cultural background is, you are a storyteller. Stories stick in our memories. Stories are inspiring, timeless, and universal. Definitions and descriptions can get boring. That is not so with stories.

Your stories are the treasures of your life. Perhaps you haven't taken the time to unearth this treasure. These two weeks offer you that opportunity. Here is what I suggest:

Step 1: Make a list of people you admire in your personal and professional life. Among others, these could be your friends, loved ones, colleagues, neighbor, clients, casual acquaintances. This can include your pets or people who have passed away. Now, let's do something Sherlock Holmes-esq. Try to find one, two or many stories about them that are special. These stories may fall into one or more of the three categories that I've shared below with brief examples from my personal life.

- *Funny:* My mother wears dentures. To my kindergartener, her grandma is magical, because she has detachable teeth!
- *Novel:* My daughter came back from daycare one day and said, "I think the flowers were smiling at me." I found a new way of looking at flowers, at her, at all the children, and the world at large.
- *Meaningful:* In the middle of a war zone, my wife's grandfather stayed behind risking his life to save his pets. To him, they were his children. He came back fine and lived a long meaning-filled life.

Step 2: Once you have collected and written all the stories, give them stars (1 to 5) in accordance with how they might resonate with your audience and how comfortable you are with sharing them.

Step 3: Find up to five places in your presentation where you can integrate these stories.

Please email five to ten of your best stories to transform.course@gmail.com. I will share a few with your classmates in an anonymous fashion.

Time permitting, we will also swap stories in our group teleconference!

The Wisdom of Metaphors

As I was throwing the stalk of a pear, I paused and looked at it one more time. Of little use to the world at this moment, the stalk was very important to the pear when the pear was young. I felt grateful for the stalk.

While shoveling snow, I realized that snow is the water that we get to drink in the summer.

While emptying my dishwasher, I noticed some dishes had remained dirty even after a full cycle. I thought about my mind that sometimes doesn't learn its lessons despite life teaching them in many ways. I have to go through another cycle of pain to learn the lesson.

These are the kinds of examples I am hoping you collect through observations in your everyday life.

Can the story of an apple teach you something? What does the white light breaking into rainbow colors tell you?

It might help to go a little deeper. Read online about the science of rainbows or the story of an apple. Who invented the bicycle or vacuum cleaner?

Try to find as many metaphors as you can through this search, I hope you find at least ten. Please email me up to ten personal metaphors and related learnings to be shared with your classmates.

We will share and savor our metaphors in the class.