Module 3: Finding the Stories That Matter Most

1. Reflection Prompt

Think about your family stories:

- What's one story you already know that feels meaningful?
- What's one story you'd love to learn more about?
- What's one prompt you could use to spark it?

2. The Hero's Journey — Story Mapping Exercise

Every great story has a shape. Use this guide to map a family story:

Step	Star Wars Example (Luke Skywalker)	Nikkei Example (Internment Story)	My Family Story
Beginning	Farm boy on Tatooine	Child in Vancouver/Steveston, everyday life	
Call to Challenge	Empire threatens, must leave home	Government orders families to leave	
Challenge	Faces trials, danger, loss	Camps, farms, racism, uncertainty	
Allies	Obi-Wan, Han Solo, Leia	Community, churches, temples, neighbours	
Turning Point	Trusts the Force, joins the Rebellion	Families rebuild, keep traditions alive	
Outcome	Death Star destroyed	Family survives, rebuilds after war	
Legacy	Luke returns a hero, transformed	Children/grandchildren carry scars & wisdom	

3. StoryPrompts to Try

Here are some gentle starting points (from the Toolkit):

- Childhood & Family: *"What foods remind you of your childhood?"*
- Community & Traditions: *"What do you remember about Oshogatsu or Obon?"*
- Challenge & Resilience: *"Was there a time you thought you might give up, but didn't?"*
- Migration & Identity: *"What was life like for your family during internment?"*
- Wisdom & Legacy: *"What advice would you like to give your grandchildren?"*

Circle 2 or 3 that feel most alive for you.

4. Troubleshooting Tips

If the story gets stuck, try:

- Ask for details: *"What did it look like, sound like, smell like?"*
- Offer choices: *"Would you rather share about childhood or work?"*
- Listen for story signals: *"That's when everything changed…"* → "What happened next?"

5. Quick Action Step

Finish this sentence:

> "The story I want to capture next is _____."

6. Inspiration Pull-Quote

> "Every family story has the potential to be a Hero's Journey — a beginning, a challenge, resilience, and a lesson for the future."

Related Toolkit Sections:

- *StoryPrompt Section: Asking Questions that Bring Stories Alive*
- *Story-Arc Guide for Interviewing Elders*
- *Hero's Journey Quick Pick Card*
- *Troubleshooting Card: When Stories Get Stuck*