

How to Teach Meditation: Story, Teach, Tool

Worksheet for Mindfulness Teachers

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



When teaching mindfulness and meditation, there is a simple three-step model we can use to structure whatever it is we wish to share. This model, referred to as 'Story, Teach, Tool', is a simple framework that can help us to share our teachings in effective and inspiring ways. Outlined below is a guideline for working with this model:

1. Story

Begin your teaching with a story. This could be an anecdote from your own life, a myth, or any other fictional or non-fictional story that relates to your core teaching. Stories are what binds us. Often when we hear a story, some part of our humanity connects with the challenges, yearnings, and successes of the characters (or with the overarching themes). By beginning your teaching with a related story, you will enhance engagement and impact.

2. Teach

Next, step into teaching mode by starting to extract the core teachings, principles, or lessons to be learned from the story. What is your reason for sharing the story? What do you want to be taken away from this tale (whether real or mythical)? Explore what makes this story important.

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3. Tool

Lastly, we can offer some type of tool that can be used to further integrate the teaching that came from the story. Examples of tools include worksheets, step-by-step processes, books, specific meditations, or anything else that can be used in a practical way.

This worksheet will help you to frame your teaching using this three-step model. In the planning process, you can begin at any of the three steps, expanding to the other two from there. When it comes time to teach, move through the three steps as outlined above.

PRACTICE:

Below are three boxes that correspond to the three steps in this model. Fill them out one at a time with ideas of what you would like to share with others.

As noted above, you can begin at any step while in the planning phase. So for instance, you might have a core principle that you want your teaching to be focused on.

Write it down and then consider: *What story, real or fictional, can help me to paint this picture? What tool can be used to enhance embodiment or integration of this teaching?*

Begin in the box where you feel most inspired.

Story

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Teach



Tool

NOTES:

- You can fill out this worksheet numerous times to clarify a single offering or to explore how to share a variety of teachings.
- This exercise can also be used for marketing purposes. If there is a program or service you are offering, you can call upon the power of heartfelt storytelling to connect with your audience.