

# Storytelling Template Database

*The below is from the Storytelling & Scriptwriting system for a private program designed to help business owners build social media content machines that drive leads & sales.*

*If winning on social media and growing your personal brand is a priority for you in 2026, and you want help from Ms.Mudhai personally, we have a few spots open, Reach Out.*

**Overview:** *The formats discussed in this doc are all (from the creator's 1st person POV)*

## **The Top 10 Storytelling Formats:**

1. Hero's Journey (1st POV Problem Solution)
2. Personal Learning/Epiphany (1st POV Insight)
3. About Me (Origin Story)
4. Before and After (Transformation Reveal)
5. Goal/Dream Journey
6. Challenge
7. Win (Victory Announcement)
8. Day In The Life
9. Personal Update
10. Lesson From Others (Mentor Story)

## **1. Hero's Journey (1st Person POV Problem Solution)**

**Description:** *Videos that break down a 1st person POV transformation arc to solve some problem or overcome some challenge.*

### **Examples:**

- *(As Told By Hero)*
  - <https://www.instagram.com/reel/DFMknzvye8Q/>
  - <https://www.instagram.com/p/C84meBcM9NB/>
- *(No Talking)*
  - <https://www.instagram.com/p/C-IOTqUtbtH/>
  - <https://www.instagram.com/p/DTVgtVKEvTx/>
  - <https://www.instagram.com/p/DSqsfwtEsUL/>
  - <https://www.instagram.com/p/DRaBWi2j2Uj/>

**Starting Point:** A core problem leading to a transformation arc

**Script/Storytelling Strategy:**

- **Hook** (*pull from Visual/Spoken/Text Hook Database*)
- **Establish character and problem** (*to build context*)
- **Explain failed attempts** (*problem exaggeration*)
- **Introduce novel solution** (*trying something different*)
- **Explain solution** (*why did the solution work and what was that success*)
- (Optional) CTA

### Secret Sauce (To Make An Outlier)?

- If you try these Hero's Journey stories, it's all about getting the viewer to emotionally relate to you as the character experiencing a common pain. If they feel the pain you felt, they will be invested in the solution you used to finally overcome it

### Plug And Play Mad-Lib Story Templates:

- 1. INTRO** - Establishes the hero and the problem.
  - **Template:** "X days/years ago I [insert problem you were experiencing]." ●
  - Template:** "I was a [insert role] struggling with [insert problem], and I had no idea how to fix it."
- 2. INFLECTION POINT** - Highlights the pain points from this problem.
  - **Template:** "Because of this I was [insert pain points/symptoms that come from having this problem]."
  - **Template:** "It got so bad that I [insert lowest moment: 'couldn't sleep' / 'almost gave up' / 'was completely broke']."
- 3. RISING ACTION** - Explain failed solutions/attempts they tried in order to fix the problem.
  - **Template:** "I tried [insert failed solution #1], [insert failed solution #2], and [insert failed solution #3] — nothing worked."
  - **Template:** "For [X months/years] I did everything they said to do: [insert common advice]. Still no results."
- 4. CLIMAX** - Introduce the solution to this problem.
  - **Template:** "Finally after [X months/years] of no results I figured out the one thing that actually worked: [insert solution]."
  - **Template:** "Then I discovered [insert solution/resource], and everything changed."
- 5. FALLING ACTION** - Explain the success you have seen because of the solution. ●
  - **Template:** "When I started doing this I [insert results/social proof/success from solution]."
  - **Template:** "Within [timeframe] I went from [insert before] to [insert after]."
- 6. RESOLUTION** - (Optional) Call to action to business/service.
  - **Template:** "Because of this experience I started [insert business/service] so I

- could help people just like me achieve [insert dream result]."
- **Template:** "Now I help [insert target audience] go from [insert pain point] to [insert dream result]. [Insert CTA]."

## **2. Personal Learning/Epiphany (1st Person POV Insight)**

**Description:** *Videos that frame a personal victory and then teach how that victory was achieved. Lead with proof // solution before teaching*

### **Examples:**

- <https://www.instagram.com/personalbrandlaunch/reel/DJnQQFPJ2k/>
- <https://www.tiktok.com/@markrober/video/6850918630947933446>
- <https://www.instagram.com/p/C3yYeWGPGAZ/>

**Starting Point:** A core learning the creator wants to share

### **Script/Storytelling Strategy**

- Hook (*pull from Visual/Spoken/Text Hook Database*)
- Establish desired result (*with proof*) (*show end state*)
- Explain process to get desired result (*solution breakdown*)
- (Optional) Restate why this solution is different from common solution
- (Optional) CTA

### **Secret Sauce (To Make An Outlier)?**

- If you do these personal learning videos, you need to have extremely strong visible proof (screenshots) which provides a curiosity hook of ("how did they do that"). ● Then, you must have some non-obvious solution or it discounts the proof because people associate your results as outlier and not replicable

### **Plug And Play Mad-Lib Story Templates:**

**1. HOOK (PROOF)** - Lead with the result or bold claim.

- **Template:** "I [insert impressive result] in just [insert timeframe] — here's exactly how."
- **Template:** "This one change got me [insert result]. Let me show you what I did."
- **Template:** "[Insert screenshot/proof]. Everyone keeps asking me how I did this."

**2. BACKSTORY** - Brief context on where you were before.

- **Template:** "Before this, I was [insert previous state] and I thought [insert old belief]."
- **Template:** "For [X months/years] I was stuck at [insert plateau] because I was doing [insert wrong approach]."

**3. THE INSIGHT** - Reveal the core lesson or realization.

- **Template:** "Then I realized [insert realization] — and that's what changed everything."
- **Template:** "The biggest lesson was [insert lesson]. Here's what that actually looks like:"
- **Template:** "The mistake I was making was [insert mistake]. The fix was [insert fix]."

#### 4. BREAKDOWN - Explain how you applied the insight step by step.

- **Template:** "So here's exactly what I did: First [insert step #1], then [insert step #2], and finally [insert step #3]."
- **Template:** "I followed this simple process: [insert framework]. Step 1 is [insert]. Step 2 is [insert]. Step 3 is [insert]."

#### 5. CTA - Bridge to action.

- **Template:** "If you want the full breakdown, [insert CTA: 'comment LEARN' / 'link in bio' / 'follow for more']."
- **Template:** "This is exactly what I teach inside [insert offer]. [Insert CTA]."

### **3. About Me (Origin Story)**

**Description:** *Creator's personal backstory explaining the "why" behind their personal brand or mission*

#### **Examples:**

- <https://www.instagram.com/p/DTiiZRFki4/>
- <https://www.instagram.com/p/C9t1s7myhl7/>
- [https://www.instagram.com/p/DP\\_XMPEDJF4/](https://www.instagram.com/p/DP_XMPEDJF4/)
- <https://www.tiktok.com/@marshallhaas/video/7541737557516717342>

**Starting Point:** A background or original story the creator wants to tell

#### **Script/Storytelling Strategy**

- Hook (pull from Visual/Spoken/Text Hook Database)
- Establish context on normal life
- Introduce epiphany or change moment
- Break down how that change impacted your go-forward path
- (Optional) CTA

#### **Secret Sauce (To Make An Outlier)?**

- Typically would make one of these to pin to the profile. These are meant to infuse personal and build personal trust, less towards professional expertise

#### **Plug And Play Mad-Lib Story Templates:**

1. **INTRO** - A starting point where your story begins.
  - **Template:** "Hi I'm [insert name], and [X months/years] ago I was a normal guy/girl, working as a [insert role], and living a normal life."
  - **Template:** "Before all of this, I was just a [insert relatable identity] doing [insert relatable activity]."
2. **CONFLICT** - What set you on this path.
  - **Template:** "Well, all up until [insert life-changing event]."
  - **Template:** "Then one day [insert trigger event] happened, and I couldn't ignore it anymore."
3. **EPIPHANY** - The realization that changed your perspective.
  - **Template:** "Because of this I realized [insert epiphany]."
  - **Template:** "That moment made me understand that [insert realization]."
4. **CHANGE** - The action you took following your epiphany.
  - **Template:** "Which led me to [insert action/actions], and that leads me to today. Now I [insert dream result], and [insert positive side effect/effects from dream result]."
  - **Template:** "So I [insert bold action]. Fast forward to today — I've [insert current result] and [insert lifestyle change]."
5. **PURPOSE** - The deeper "Why" that is driving your brand.
  - **Template:** "[Insert dream result] changed my life, and I made it my mission to help [insert target audience] go from [insert pain point/points] to [insert dream result] too."
  - **Template:** "Now everything I do is about helping [insert who] achieve [insert what] without [insert common pain]."

## **4. Before and After (Transformation Reveal)**

**Description:** *Videos organized entirely around the contrast between two states, showing two states with a dramatic reveal. The format is visual and relies on the gap between "before" and "after" to create the impact.*

### **Examples:**

- [https://www.tiktok.com/@voronina\\_valeria\\_/video/7030595242273344774](https://www.tiktok.com/@voronina_valeria_/video/7030595242273344774)
- <https://www.tiktok.com/@iampeachfit/video/7283905849536564526>
- [https://www.tiktok.com/@harleen\\_gallery/video/7519217332535708983](https://www.tiktok.com/@harleen_gallery/video/7519217332535708983)
- [https://www.tiktok.com/@chen\\_sch/video/7407026258661395732](https://www.tiktok.com/@chen_sch/video/7407026258661395732)
- <https://www.tiktok.com/@nguyensteadycutting/video/7478738601128267051>

**Starting Point:** Two contrasting states (before and after) you want to showcase

### Script/Storytelling Strategy

- Hook (*pull from Visual/Spoken/Text Hook Database*)
- Establish the “before” state (*make it relatable or dramatic*)
- Build brief tension/anticipation (*a transition beat, music build, or countdown*)
- Reveal the “after” state (*dramatic cut synced to audio or visual transition*) ●
- (Optional) Brief context on time elapsed or effort involved
- (Optional) CTA

### Secret Sauce (To Make An Outlier)?

- The power of Before and After is in the size of the gap between the two states. ● A bigger, more surprising gap = more watch time, saves, and shares. ● Transition moment is the emotional peak, so sync it to a beat drop or trending sound for maximum impact.
- Keep it short — the best Before and Afters are 15-30 seconds because the format doesn’t need explanation.

### Plug And Play Mad-Lib Story Templates:

- 1. HOOK** - Tease the transformation.
  - **Template:** "[X months/years] of [insert effort] in [X seconds]."
  - **Template:** "This is what [insert subject] looked like before vs. after [insert action]."
  - **Template:** "Watch this transformation."
- 2. BEFORE STATE** - Show the starting point.
  - **Template:** "This is where I started: [insert before state]."
  - **Template:** "[X months/years] ago, this was my reality: [insert before visual or metric]."
  - **Template:** (Or: no words — just show the before state with text overlay)
- 3. TRANSITION** - The dramatic cut synced to audio.
  - **Template:** (No script needed — this is a visual/audio moment. Sync the cut to a beat drop, trending sound, or snap/clap.)
- 4. AFTER STATE** - Reveal the result.
  - **Template:** "And this is [insert subject] now."
  - **Template:** "[X months/years] later."
  - **Template:** (Or: no words — just show the after state and let the gap speak for itself)
- 5. CONTEXT (OPTIONAL)** - Brief note on time or effort.

- **Template:** "[X months] of [insert effort]. Worth every second."
- **Template:** "All it took was [insert action] for [insert timeframe]."

#### 6. CTA (OPTIONAL) - Drive next action.

- **Template:** "Want to see how I did it? [Insert CTA]."
- **Template:** "Follow for the full breakdown."

## 5. Goal/Dream Journey

**Description:** Videos that introduce a long-held dream or ambitious goal and share where the creator is on the path to achieving it. Unlike a Challenge (which has defined rules and a bounded timeframe), the Goal/Dream Journey is about an ongoing, open-ended aspiration. The audience is invited to follow along as the creator pursues something they've always wanted.

#### Examples:

- <https://www.instagram.com/reel/DBI7p87JQG9/>
- [https://www.instagram.com/reel/C97orJ\\_J8vW/](https://www.instagram.com/reel/C97orJ_J8vW/)

**Starting Point:** A long-term dream or big goal the creator is pursuing

#### Script/Storytelling Strategy

- Hook (pull from Visual/Spoken/Text Hook Database)
- Introduce the dream/goal and its origin (why this matters to you)
- Share the moment you decided to seriously pursue it
- Give a progress update (where you are on the journey, what you've done so far)
- Share what's next (upcoming milestones, timeline, what needs to happen) ● CTA (invite audience participation — "follow to see if I can pull this off")

#### Secret Sauce (To Make An Outlier)?

- The dream needs to feel ambitious enough that the audience genuinely wonders if you'll achieve it.
- Share vulnerable moments about whether you'll make it.
- The best Goal/Dream Journey videos feel like you're letting the viewer in on something deeply personal, not just announcing a project.

#### Plug And Play Mad-Lib Story Templates:

##### 1. INTRODUCE DREAM - Explain origin of dream/big goal.

- **Template:** "I have [insert action] # times in my life, and ever since I was [X age] I have always dreamed of doing [insert dream]. Each time I [insert action], I think about how cool it would be to [insert dream]."
- **Template:** "For as long as I can remember, I've wanted to [insert dream]. It's something I think about every single [day/week/month]."

**2. PURSUIT OF DREAM** - Explain when you started to seriously take action. ○ **Template:** "But after years of dreaming, on one random [insert weekday] I [insert realization/life event] and decided it was now or never so I started [insert action/actions]. I won't lie, I was [insert vulnerable feeling] but I did it anyway." ○ **Template:** "Then [X weeks/months] ago, I finally stopped talking about it and [insert first action]. I was terrified, but I knew if I didn't start now, I never would."

**3. PROGRESS UPDATE** - Share where you are on the journey.

- **Template:** "So far I have already [insert action/actions], and now I am currently/about to start [insert action] which involves [insert step/steps]. If I want to achieve [dream result] by [insert age/date/time] I need to complete this in [insert time frame]."
- **Template:** "Here's where I'm at: I've [insert progress]. Next I need to [insert next step]. The deadline is [insert date]."

**4. CTA** - Invite audience participation.

- **Template:** "Want to see if I can get [insert action] done on time? [Insert CTA: 'follow to watch' / 'comment YES if you think I can do it']."
- **Template:** "I'm going to document the entire thing. Follow along and hold me accountable."

## **6. Challenge**

**Description:** *The video is a mission or goal that the creator has completed or is actively completing (kind of like a vlog meets a DIY, but focused on a specific mission)*

**Examples:**

- <https://www.instagram.com/reels/DGrB1u3vIAC/>

**Starting Point:** A challenge or mission goal that the creator wants to complete

**Script/Storytelling Strategy**

- Hook (pull from Visual/Spoken/Text Hook Database)
- Establish context in challenge
- Build plot arc for completing challenge (with conflicts and obstacles)
- Resolution or Cliffhanger

**Secret Sauce (To Make An Outlier)?**

- Make the challenge objective something extremely grand
- Add high intensity complications or roadblocks along the way

**Plug And Play Mad-Lib Story Templates:**

## 1. HOOK - State the challenge and stakes.

- **Template:** "I'm going to [insert challenge] in [insert timeframe]. Here's what happened."
- **Template:** "Is it possible to [insert ambitious goal] starting from [insert starting point]? I tried it."
- **Template:** "I gave myself [X days] to [insert challenge]. No shortcuts."

## 2. RULES/SETUP - Establish the constraints.

- **Template:** "The rules: [insert rule #1], [insert rule #2], and [insert rule #3]."
- **Template:** "Starting point: [insert baseline]. Goal: [insert target]. Deadline: [insert date]."

## 3. THE JOURNEY - Build the plot arc with conflicts and obstacles.

- **Template:** "Day [X]: [insert progress/setback]. Things were [going well/falling apart] because [insert reason]."
- **Template:** "Then [insert complication] happened and I had to [insert pivot]. I almost [insert near-failure moment]."
- **Template:** "By day [X] I was only at [insert progress]. I needed to [insert remaining milestone] in [insert remaining time]."

## 4. RESOLUTION OR CLIFFHANGER - Did you make it?

- **Template:** "Final result: [insert outcome]. I went from [insert start] to [insert end] in [insert timeframe]."
- **Template:** "And with [X hours] left... [cliffhanger]. Follow to see part 2."

## 7. Win (Victory Announcement)

**Description:** *Videos that celebrate a specific achievement with proof. The key distinction from Personal Learning (which teaches backward from a result) and Personal Update (which is general news): a Win is specifically about announcing and celebrating an achievement, not teaching how you did it or updating on your life broadly.*

### **Examples:**

**Starting Point:** A specific achievement or milestone you want to announce

### **Script/Storytelling Strategy**

- Hook (pull from Visual/Spoken/Text Hook Database)
- State the win with proof (screenshot, footage, tangible evidence)
- Brief emotional context (what this means to you, why it matters)
- (Optional) Quick acknowledgment of the journey/sacrifice to get here
- (Optional) CTA (challenge the audience or invite them on the next goal)

## Secret Sauce (To Make An Outlier)?

- Wins work best when the proof is undeniable and visual eg. a screenshot, a notification, a physical result.
- Keep it short. The best wins feel spontaneous and raw.

## Plug And Play Mad-Lib Story Templates:

### 1. HOOK - State the win immediately.

- **Template:** "It finally happened: [insert win]."
- **Template:** "We just [insert achievement] and I'm still in shock."
- **Template:** "This is the moment I [insert milestone] — let me show you."

### 2. PROOF - Show the evidence.

- **Template:** "Look at this: [insert/show proof]."
- **Template:** "Here's the screenshot: [insert proof]. [X months/years] ago this number was [insert old number]."
- **Template:** (Or: no words — just hold up the proof or show the screen)

### 3. EMOTIONAL BEAT - What this means to you.

- **Template:** "You have no idea how long I've worked for this. [X months/years] of [insert sacrifice/effort]."
- **Template:** "I almost quit [insert when/why]. This is why I didn't."
- **Template:** "This was the goal I set [X months/years] ago when I was [insert previous state]. It's real now."

### 4. ACKNOWLEDGMENT (OPTIONAL) - Brief nod to the journey.

- **Template:** "From [insert before] to [insert after]. Wild."
- **Template:** "None of this happens without [insert key factor: 'showing up every day' / 'the people around me']."

### 5. CTA (OPTIONAL) - Channel the energy forward.

- **Template:** "Next goal: [insert next milestone]. Follow to watch."
- **Template:** "If you're working towards [insert similar goal], keep going. It's worth it."

## 8. Day In The Life

**Description:** *Videos that break down a day in the life scenario from a 1st person POV*

### Examples:

- <https://www.instagram.com/p/DQhZdMODGoU/>

- <https://www.instagram.com/p/DQ2kq1pkTEN/>
- [https://www.instagram.com/p/DEpl4B8J6\\_g/](https://www.instagram.com/p/DEpl4B8J6_g/)
- <https://www.instagram.com/p/DFhy1K7JgXI/>
- [https://www.instagram.com/p/DF2\\_orOIrcN/](https://www.instagram.com/p/DF2_orOIrcN/)

**Starting Point:** A day's worth of events

### Script/Storytelling Strategy

- Hook (pull from Visual/Spoken/Text Hook Database)
- Establish context (character, scene, objective)
- Introduce some complication or challenge (tension)
- Breakdown solve for challenge or context on thoughts about how to solve
- (Optional) CTA

### Secret Sauce (To Make An Outlier)?

- You're trying to get someone to like your personality or want the life you have, so play into that.
- Have to show something that is super different and unexpected - People don't expect you to do things in a certain way, etc.

### Plug And Play Mad-Lib Story Templates:

#### 1. HOOK - Establish identity and context.

- **Template:** "A day in the life of a [insert age] year old [insert role/identity]." ○
- Template:** "What a typical [insert weekday] looks like when you [insert lifestyle detail]."
- **Template:** "This is what it actually looks like to [insert aspiration: 'run a business from your laptop' / 'work 4 hours a day']."

#### 2. MORNING - Set the tone.

- **Template:** "I start every day with [insert routine/habit] because [insert reason]."
- **Template:** "First thing: [insert action]. Most people don't know I [insert unexpected detail]."

#### 3. CORE WORK - Show what you actually do.

- **Template:** "Today's biggest priority is [insert task/objective]. The challenge is [insert complication]."
- **Template:** "Midway through [insert task], [insert problem] happened so I had to [insert pivot]."

#### 4. RESOLUTION/WIND DOWN - Close the day.

- **Template:** "End of day. Here's what I got done: [insert summary]. Tomorrow I need to [insert next priority]."
- **Template:** "This is what [insert lifestyle] actually looks like. It's not perfect, but it's

[insert honest feeling]."

## **9. Personal Update**

**Description:** *Videos that share a personal update in your life or mission from a 1st person POV*

### **Examples:**

- <https://www.instagram.com/p/DMR6w3Qu3lb/>
- <https://www.tiktok.com/@marshallhaas/video/7597425867622599966>

**Starting Point:** An update that the creator wants to share

### **Script/Storytelling Strategy**

- Hook (pull from Visual/Spoken/Text Hook Database)
- Establish context on you and situation (character, scene, objective)
- Give the update (include moments of tension or conflict)
- Rationalize decision (give explanation for why)
- (Optional) CTA

### **Secret Sauce (To Make An Outlier)?**

- Let people see behind the curtain into your life. These aren't for authority/trust, they're more for community building

### **Plug And Play Mad-Lib Story Templates:**

- 1. HOOK** - Tease the update.
  - **Template:** "I need to tell you something: [insert teaser of update]."
  - **Template:** "Something big just changed in my [life/business/brand] and I want to explain why."
  - **Template:** "I've been keeping this quiet for [X weeks/months], but it's time."
- 2. CONTEXT** - Set up the situation.
  - **Template:** "For the past [X months/years] I've been [insert previous state/plan]."
  - **Template:** "You might remember that I was [insert previous situation]. Well..."
- 3. THE UPDATE** - Deliver the news.
  - **Template:** "As of [insert date/recently], I'm [insert the change]. Here's why."
  - **Template:** "I've decided to [insert decision]. It wasn't easy because [insert tension/conflict]."
- 4. RATIONALE** - Explain the why.
  - **Template:** "The reason is simple: [insert core reason]."

- **Template:** "I realized that [insert insight], and once I saw it I couldn't un-see it." ○
- Template:** "At the end of the day, [insert value/priority] matters more to me than [insert tradeoff]."

## **10. Lesson From Others (Mentor Story)**

**Description:** *Videos where the creator tells someone else's story rather than their own - A mentor, client, peer, or public figure whose experience is the lesson. The creator becomes the narrator/student rather than the hero.*

### **Examples:**

- <https://www.tiktok.com/@shmemersonlouise/video/7574929993164246286>
- [https://www.tiktok.com/@sam\\_demma/video/7529761412051242246](https://www.tiktok.com/@sam_demma/video/7529761412051242246) ●
- <https://www.tiktok.com/@sassy.oracle/video/7501208319508401425>

**Starting Point:** Someone else's story or experience that taught you something valuable

### **Script/Storytelling Strategy**

- Hook (pull from Visual/Spoken/Text Hook Database)
- Introduce the person and why they matter (credibility/context)
- Describe their situation or struggle (make it vivid)
- Reveal the lesson or insight they taught you
- Show how you applied it and what changed (bridge to your own results)
- (Optional) CTA

### **Secret Sauce (To Make An Outlier)?**

- You're positioning yourself as a student and curator rather than a self-promoter. ● The strongest versions make the "other person" feel like a real character the viewer can picture, not just a vague reference.
- Name them if possible, describe the specific situation, and make the lesson land as a direct quote or vivid moment rather than a generic takeaway.

### **Plug And Play Mad-Lib Story Templates:**

**1. HOOK** - Introduce the person and the lesson.

- **Template:** "I learned something powerful from [insert person/role]."
- **Template:** "Here's the best advice [insert figure] ever gave me."
- **Template:** "[Insert person] told me one thing that completely changed how I [insert area]."

**2. SITUATION** - Describe their struggle or context.

- **Template:** "They were struggling with [insert problem]."

- **Template:** "At the time, they were [insert situation: 'about to close the business' / 'starting over from nothing' / 'at the top of their game']."
- **Template:** "When I met them, they had just [insert event/context]."

### 3. THE LESSON - Reveal the insight.

- **Template:** "They told me: '[insert golden lesson/quote].'"
- **Template:** "Their advice was simple: [insert lesson]. And it changed everything."
- **Template:** "The one thing they said that I'll never forget: '[insert quote].'"

### 4. APPLICATION - How you applied it and what changed.

- **Template:** "When I applied it, I [insert result]."
- **Template:** "I took that advice and [insert action]. Within [timeframe], I [insert outcome]."
- **Template:** "Following that advice, I went from [insert before] to [insert after]."

### 5. CTA - Share the lesson with the audience.

- **Template:** "This one lesson can change everything for you too. [Insert CTA]."
- **Template:** "If this resonated, save it. You'll need it on a hard day." ○ **Template:** "Who's the person that taught you the most? Comment below."