Your Secret Stories™

…how they can predict your future

Two Hour – Masterclass Outline

2 Hour Masterclass Presentation - Presenter: David Riordan
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We all have secret stories...

And *THE* most powerful words we hear are…

The secret stories we tell ourselves.

Some we SHARE with others…

Most we keep SECRET…

And they can remain secret if you so choose.

And here's the BEST part. The stories you tell yourself are key indicators in how you feel about your place in the world.

And if you don't like the stories you are telling…

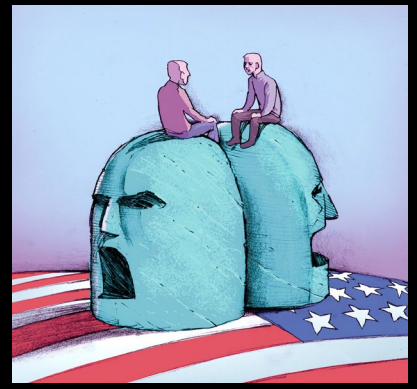
You can change them!

This is particularly true NOW…

If you’re feeling overwhelmed by the pandemic, political unrest and fake news…

You are not ALONE…

In my interviews with global thought leaders for this project, they report that their secret stories are wildly in flux in this post-covid world.



But here’s some GOOD news…

If you don’t like how you feel about yourself or how you are showing up in the world…

Changing your secret stories is the first step towards coming back from what can feel like a very listless, depressed existence.

And how do we know that?

Because, when we are aligned with our secret stories, whatever we think or do next feels like we have…

COME ALIVE!

And knowing what secret stories are defining you, the more likely you will make choices that are closer to what…

YOU TRULY WANT!

As OPPOSED to being swept along in someone else's story or worse yet…

Leaving the STORIES THAT DEFINE YOU to others.

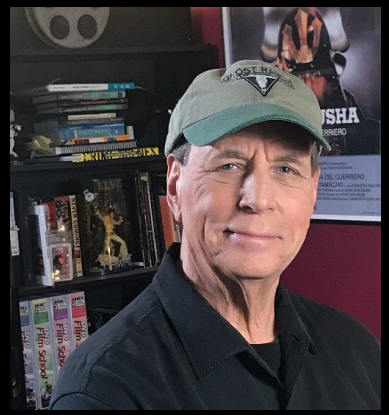
And once you are aware of your secret stories they can serve as a kind of INNER COMPASS that always points to what's true for you.

This 2 Hour Masterclass is designed to help you begin to identify and take full advantage of your secret stories.

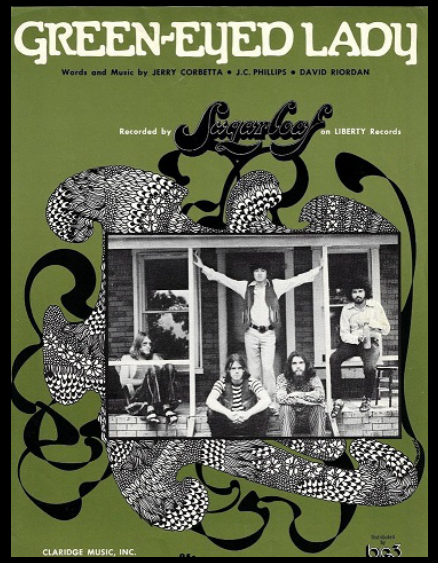
Don’t you want to know…

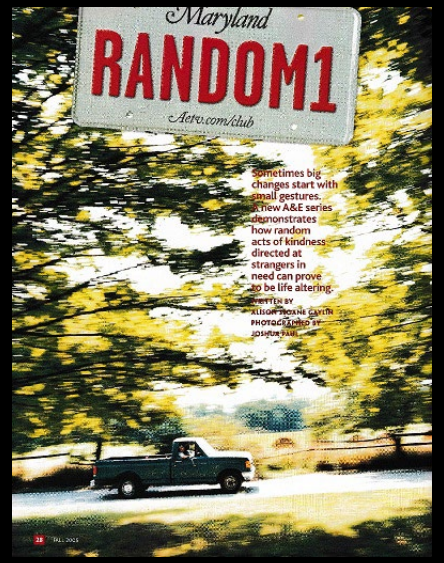
1. What secret stories are currently in play in your life?
2. What secret stories are determining the quality of your relationships?
3. What cultural secret stories are shaping your work in the world?
4. What secret stories are influencing whether your now and future is the one you want?

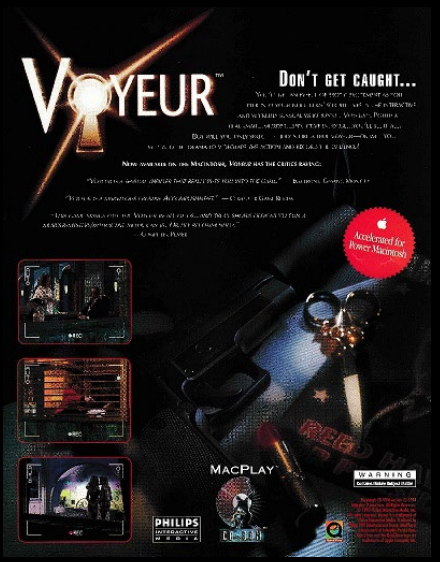
In my Hollywood career as a record artist, filmmaker and interactive entertainment designer/producer, I learned a great deal about the STORIES we humans tell each other...



In the beginning, I just enjoyed some story I created as a song, a television series or a video game achieving SUCCESS. I didn't think much more about it.





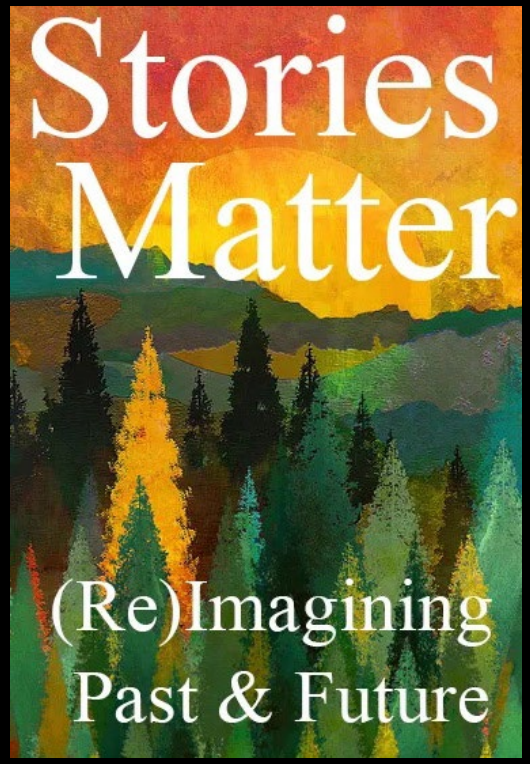


However, as I gained more experience, I began to realize there was a much more important role the STORIES I told could play than just keeping the masses entertained.

I discovered the stories we tell ourselves deeply INFLUENCE how we feel, think and imagine our future.

I realized that *IF* I was unhappy with my life or the direction my country was headed…

The first step towards changing how I felt was creating STORIES that depicted something other than the dystopian narrative we seemed to be living into.



Masterclass Basics

The secret stories you tell yourself provide the LENS through which you attempt to make sense of what you think about yourself and your place in the world.

They also EVOLVE over time…

Our sense of ourselves and the world around us changes as we traverse the many different chapters of our lives.

How many times have you caught yourself saying…

“I’m not that person anymore.”

There are at least TWO different kinds of secret stories we tell ourselves. Recognize any of these themes?

Negative

I'm not good enough
I'm too fat
I'm a victim
I'm not worthy of love

Positive

I am completely capable
I am smart enough to do this
I am spontaneous
I am worthy of love

Many times, we don’t consciously realize that our thoughts or actions are being influenced by these story patterns.

The secret stories you tell yourself can also represent your attempt to sort out the difference between what *SEEMS* to be happening vs….

What is *ACTUALLY* happening.

We like to say…

If you want a more meaningful life or more rewarding work…

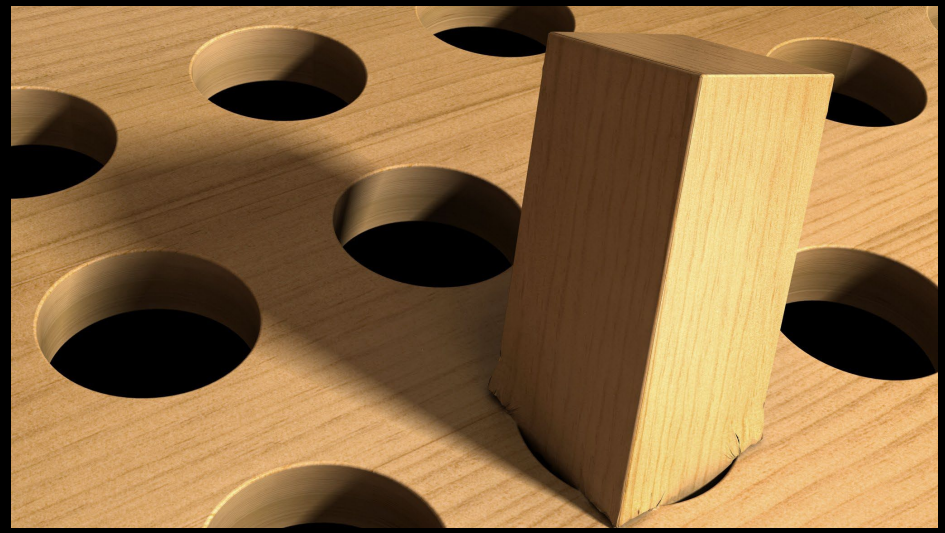
Begin by aligning your secret stories with what is *ACTUALLY* happening.

Let me make this PERSONAL…

For the longest time I could not align what it felt like to be me with what *SEEMED* to be happening in the world.

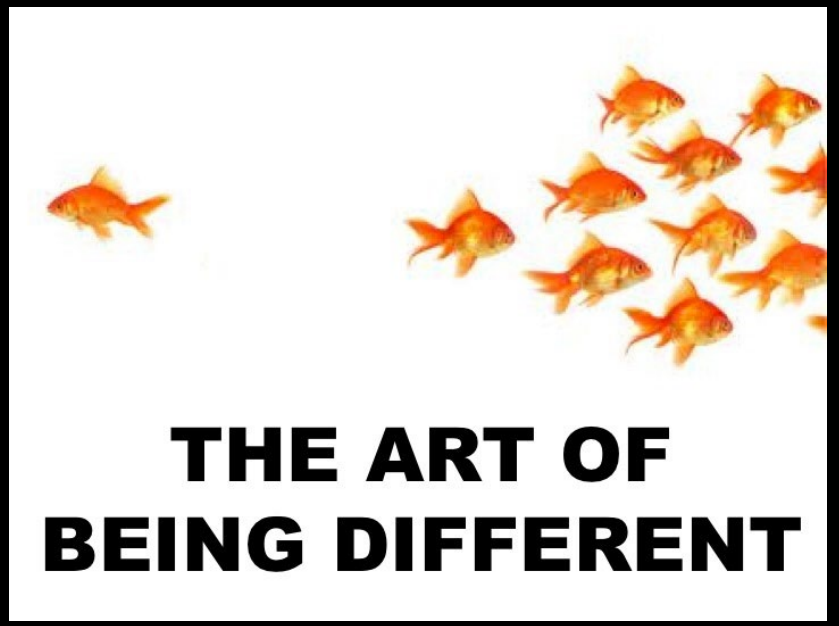
In my younger days I had no orienting narrative that explained how I fit.

A SQUARE PEG in a round hole is sometimes what this condition is called.



As I interviewed accomplished global thought leaders for this project, this OUTLIER existence turned out to be a pretty common theme.

It had something to do with listening to a DIFFERENT DRUMMER, although I had no access to what that concept meant back then.



As I began to find myself in more of a SHARED REALITY with others in college…

I noticed this notion of what *SEEMED* to be happening vs. what was *ACTUALLY* happening was in play.

There seemed to be a measurable difference between what some people and organizations SAID and what they DID.

There were also accepted public stories about an individual or a current event that were only partially true.

There was always a secret story about what was *ACTUALLY* happening that included everything and who was really benefiting.

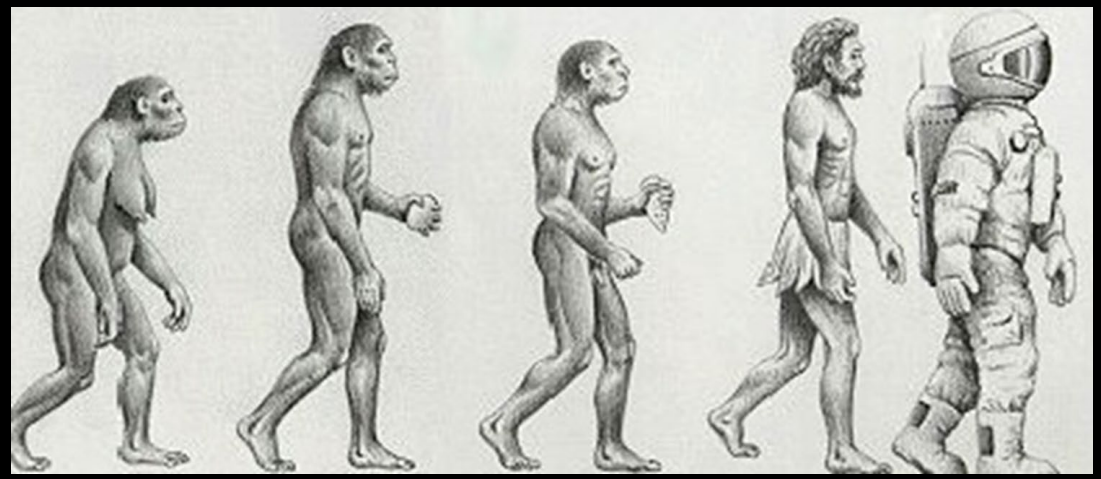
I discovered that in the GAP between what *SEEMED* to be happening and what was *ACTUALLY happening…*

was where I could create NEW secret stories in the hope they would lead me to the now and future I wanted.

I also became aware that CULTURES have secret stories too. They play a big part in who we say we are as individuals.

We humans have CHANGED our cultural orienting story 4-5 times in the 50,000 years since we started asking the question…

“WHY ARE WE HERE?”



From early tribal bands to the first agrarian empires, to modern nations, to the connected global community we have become…

Each leap we made in intelligence increased our capacity as citizens to seek out new STORIES about how the world could work.

AND the more experience you get in the world you realize…

the similarity between what a culture *SAYS* it represents and how it actually *ACTS* is a measure of its stability.

IF there is a perceived GAP between what a culture claims it stands for and how it *ACTUALLY acts* in the world…

That difference can eventually spark changes in who is in charge.

This may also be true for us as individuals. Personal revolutions can sometimes show up as a LIFE CRISIS.

So, we could say creating and keeping secret stories is an *integral* part of BEING completely human.

No matter who you are or what your circumstances…

You are influenced by particular kinds of secret stories that color how you orient your life and how you relate to those AROUND YOU.

It doesn’t really matter if they are true or not, they are still important because they are the LENS through which you look and experience everything.

But why now? Why are our secret stories so important in this moment?

It feels to me and those I interviewed for this project that we are standing at a kind of CROSSROADS…

Again.

Do we continue to live into our OLD stories concerning who we are and what we stand for…

even though they seem to be increasingly DYSTOPIAN, dysfunctional and ineffectual?

Or do we start living up to the STORIES
we tell ourselves about a world that
proclaims the following…

The best way to predict the
future is to create it.

The importance of contributing to a more “GENERATIVE” now and future narrative is inspired by my wanting to align my feelings, thoughts and actions with the BRIGHTER side of history.

How about YOU?

What stories are you telling yourself and the world?

Here’s what this 2-Hour Masterclass in going to explore…

- We all have secret stories, and they evolve over time.

- *The* most powerful words you will hear are the secret stories you tell yourself.

- Cultures also have secret stories. For example, secret cultural stories can define the character and the future of a nation. They can partially shape our identities as citizens of that nation or as members of a tribe.

- It is important to understand how you think change takes place when you are exploring your secret stories.

And….

- Why our secret stories are so important to identify NOW.

- Defining the GAP between what *seems* to be happening vs. what is *actually* happening that our secret stories attempt to address.

- One thing you could ask yourself is: “what is spirit up to in all of this?”

- Examples in history when someone’s secret story changed the world leading to the old adage…

“the best way to predict the future is to create it.”

I will also ask course participants to engage with three self-directed exercises…

Exercise 1: What's a current SECRET STORY you tell yourself that is influencing your thoughts and behavior? How is it impacting what you tell yourself about who you are and who you are in relationship to others?

Exercise 2: Give one example of something in the world that is CHALLENGING the current SECRET STORY you are telling yourself about who you are.

Exercise 3: - Give three examples of fictional stories in films, television, books, video games or social media that inform your view of the future.

Your next contribution to yourself and the world begins
with a new, novel STORY… that you tell yourself.