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# WRITER'S NEST

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In this issue:

> YOUR STORY MATTERS

## YOUR STORY MATTERS

by NATANAEL COSTEA

People love stories. Storytelling is as old as time itself. For thousands of years, our stories have bonded families, connected communities and inspired individuals. Most people however believe their tale isn't worth telling. That is not so. The truth is that everyone has a story to tell, and everyone's story matters. That includes you, reader!

When we engage in writing our stories, we go through a process of translating the data in our brains into meaning. The sum total of life experiences that have led you to this point makes up your story. It means that your life story is one of the most powerful assets you possess.

Many people are reluctant to tell their life story—either to their family, verbally, or in print—because they are worried about being seen as boring or self-centered.

The fact is that your life story is the most interesting thing about you. If you want people to empathize or understand you, tell them a story. If you want them to learn what you've learned, tell them a story. If you want them to feel—even in some small way—what you've felt, tell them a story.

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## WRITE YOUR STORY

- > **Powerful self-reflection opportunity**
- > **Your story is interesting**
- > **You will leave a legacy**

We all come from wildly disparate backgrounds, but we are united by our common experiences. We've all had broken hearts and big successes. We're ultimately not interested in the what, but the why. When you elect to write your memoirs, you give yourself ownership of your story and can speak directly from the heart. You also gain a greater understanding of your own life, which is a tremendous, and utterly unique, gift that you can pass on to others.



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“TO SURVIVE, YOU MUST TELL STORIES.”

-UMBERTO ECO, THE ISLAND OF THE DAY BEFORE

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**When you dig into the why of what you've done in your life, you transmit your values to the reader. You can't dictate to others what they must believe, but if you can make them feel what you felt, you can convince them of the importance of your values.**

**You may, for example, want to encourage your grandchildren to be industrious; through story you can inspire them to dream big dreams and put their talents to work in bringing them to life. When you make people believe in your story, the resulting inspiration will help them incorporate new ideas and values into their own lives.**

**You have a compelling story. There is no other like it. Reach out and tell it.**

**“We tell ourselves stories in order to live”— Joan Didion, writer and journalist**