

THE TWO MOST IMPORTANT ELEMENTS OF MY STORY	
THE STAKES	My ability to walk
THE LESSON LEARNED	I learned that I was able to deal with seriously difficult situations + I learned to properly value my own physical mobility.

SEQUENCING OF MY STORY	POINTS/SCRIPT
Hook There are three great ways to start a story that I'll suggest (though you don't need to use one): - Start in the middle of things and then rewind - Start with dialogue - Just start from the beginning. Simple.	- I was looking up at the operating room ceiling, wondering "Am I going to be able to walk anymore?" This all started a year earlier. - I was 22 years old and running to meet my friend Jason at the dining hall of the summer camp where we worked when I jumped down some steps and landed hard. Unable to help myself, I shouted out, "G-d damn that hurt!" Jeff, the 40-plus-year-old camp director was happening to walk by as it happened. He just grinned and offered a very unhelpful, "Get used to it, buddy!" - When I was 22 years old, I hurt my back while working at summer camp. It was a weird injury in that it happened seemingly out of nowhere. I mean, I did leap off a step, but I was 22 and in good shape; landing shouldn't have hurt me like it did.
Key Details	- I was healthy, young and active - No doctors could initially figure out what was wrong with me - My pain was so bad I had to move back in with my parents - It lasted a year before I was diagnosed - Dr. Shupak figured it out with a simple test - Things moved really quickly afterwards...a bad sign in Canadian healthcare - Had the surgery...it was a success - Changed my entire view of my own body and health
Interesting Dialogue to Include #1	Conversation with my GP about my back pain: I asked my doctor, "How come we can't figure this out? It's been a year and I'm walking around like I'm 92, not

	22.” He replied, “Back pain is funny, man. Sometimes we can figure it out easily...other times it’s a lifelong process.”
Interesting Dialogue to Include #2	Conversation with my neurosurgeon about being paralyzed: Scared but honest, I asked my surgeon, “Am I going to be able to walk after this?” Cockily, which I actually appreciated at this moment, he answered, “I’ve done over 300 of these my friend, and every single person has walked off the table.”
End It/Lesson Learned/Thank You There are three great ways to end a story that I’ll suggest (though you don’t need to use one): a. Resolved b. Tie-Back c. Crystal Ball And regarding presenting a learned lesson, you can make it <i>explicit</i> (think Minhaj) or leave it <i>implicit</i> (think Price).	a. And so my troubles had ended. My back was fixed, my tumour was gone, and I had a new outlook on life. Never again would I take my mobility for granted because you never know how one step might change your whole life, nor do most of us realize how lucky we are to be able to even take just one step. Thank you. b. And so I had the answer to my operating room question. I could run, I could jump, I could twirl, I could dance. The fact is that I could walk again and far, far, more. And that is why at the age of 24 I learned never to take my mobility for granted and that is why today, believe it or not, I look at climbing stairs as a joy and not a chore. Thank you. c. And as I counted backwards from ten, and drifted off to a medically induced slumber, I just kept thinking, “Please let me walk off this table. Please. Let me walk again.” Fast forward a year. I’m at Finch Station and I hear the subway pulling in and think, “I’m about to miss my train.” I leap down the steps three at a time, twirling around slow-moving commuters like some kind of urban ballerina, and hit the platform at a run. I bolt for the subway doors and just when those ever-familiar chimes play in descending tone and the doors start to whoosh shut, Star Trek-style, I hurdle forward with one final bounding step and slip in with not-an-inch to spare, all the while thinking, “Man is it great to move.” And I haven’t taken my mobility for granted one day since. And nor should you. Thank you.

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THE STAKES	
THE LESSON LEARNED	

SEQUENCING MY STORY	POINTS/SCRIPT
Hook There are three great ways to start a story that I'll suggest (though you don't need to use one): d. Start in the middle of things and then rewind e. Start with dialogue f. Start at the beginning with some foreshadowing	
Key Details	
Interesting Dialogue to Include #1	
Interesting Dialogue to Include #2	
End It/Lesson Learned/Thank You There are three great ways to end a story that I'll suggest (though you don't need to use one): d. Resolved e. Tie-Back f. Crystal Ball And regarding presenting a learned lesson, you can make it <i>explicit</i> (think Minhaj) or leave it <i>implicit</i> (think Price).	