



The 5W1H method might help you talk about your story. This method is a way of thinking and creating, which entails thinking about the selected subject, from six aspects: object (What), place (Where), time (When), person (Who), reason (Why), and method (How). What's your 'pivot'? Who engaged with it? Where does it happen? When did you realise it? Why and How did it change?

5W1H

What Where When Who Why How

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