

THE 90-DAY MEMOIR: THREE-ACT STORY STRUCTURE WORK SHEETS

ACT ONE

Opening/False Belief

Dilemma

Inciting Incident

Opposing Argument

Your Protagonist Makes a Decision

ACT TWO

(Decision begins Act 2)

Your Protagonist Experiences False Hope

Midpoint: Your Protagonist Experiences Temptation

Your Protagonist Suffers

Your Protagonist Surrenders

ACT THREE

Your Protagonist Accepts the Reality of Their Situation

Your Protagonist Takes Action

The Battle Scene

Your Protagonist Returns Home