**8 Beat Worksheet**

**Beat 1: Set-up + Inciting Incident**

Where are we? Location: big picture (country, state, etc.), medium (city, rural, suburban) and small (room, field, stadium)

When are we? Era (historical, modern), Cultural Setting, Season, Time of Day

Who is this story about? Protagonist needs to be set up here at a minimum.

What does is the protagonist’s “want”?

How is the protagonist is pursuing his goal/want?

What happens that shoots him off like a rocket in the direction of the goal/want. Include the antagonist, if possible.

**Beat 2: Collision**

What is the antagonist pursuing? How is different from the Protagonist?

How do they first meet?

Is it face-to-face? In passing? Virtual?

What obstacle does the antagonist place in the path of the protagonist?

**Beat 3: Plot Point 1-Free Fall**

What happens to the protagonist—as a result of something they have done—that flips the world upside down? Sends them into free fall?

Who is involved?

Where does it take place?

What reaction does the protagonist have? Make it active, and in pursuit of their want.

**Beat 4: Subconscious choice**

What is the protagonist beginning to realize about their journey?

How does the protagonist act in response?

How does the antagonist act in response?

**Beat 5: Plot Point 2- Midpoint**

Protagonist wakes up—sees what they need so they can change. What are they awake to? What do they need?

What action does the protagonist take?

What action does the antagonist take?

**Beat 6: Honeymoon**

How does the story change?

What impact is the new pursuit having on the protagonist’s world? On themselves?

What three things happen to show that the protagonist is moving in a new direction—and things look be changing for them?

**Beat 7: Plot Point 3-Dark Night of the Soul**

Things turn again for the protagonist—only for the worse. What happens?

Now, make it worse.

And make it worse.

**Beat 8: Climax + Transformation**

How does the story climax? Remember, the protagonist is awake now, and the antagonist is just as determined as the protagonist.

What does the protagonist do to show they are awake and alive? Give us a twist.

**Final Moment**