Heartbeat Template

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| **Story Title** | **Notes** |
| **Oxytocin**: Choose a plot that connects the listeners to one or more of the characters to feel empathy and identify with them. It could be a personality quirk, a hardship, or a sacrifice. |  |
| **Cortisol**: Choose a plot point that gets our attention. It could be a potential threat or something that causes distress. |  |
| **Dopamine**: Choose a plot that excites listeners or stirs their emotions. It could be a chase, a stand-off, or a big reveal. |  |