Creating your Own Story

What is the purpose of this event? Who is my audience?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

What is my core message for this event?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

What do I want the audience to take away from this event? How do I want them to think about the issue?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

What parts of my story get to that message or perspective? (What brought you to this work? Why do you invest your time and energy here? What have you learned that you want to share with people? What have you seen or heard that people should know?)
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

How does my story connect to someone else’s experience? How does it connect to a broader context?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

How can my story create change? How can it help someone see a new perspective?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

How can my story help someone more deeply understand a social issue or policy?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Emotional Considerations in Sharing

In order to emotionally prepare before an event, I need to...
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
These triggers cause me fear, anxiety or agitation...
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
These are my warning signs that I am getting upset...
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
If I am triggered during an event, here are things that will help me feel comfortable and safe...
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
If I am triggered during an event, others can support me by...
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________