

Story Sharing Guide

This guide helps you shape your transformation into a story that inspires and empowers others — whether you're sharing it with your children, your community, or the world.

Your story *is* your legacy. Let's tell it with courage, purpose, and heart.

Section 1: Define Your Why

Why do you want to share your story?

(Circle or write your reason)

- To help someone feel less alone
- To show what's possible after struggle
- To heal and integrate my own journey
- To honor what I've overcome
- To inspire action or change
- Other: _____

Reflection: What impact do you hope your story will have?

Section 2: Identify Your Core Message

Your story has many chapters — but what's the truth that ties them together?

Finish these sentences:

- “If someone only remembered one thing about my story, I'd want it to be...”
- “The turning point in my journey was when...”
- “What I learned through this experience is...”

This is the heartbeat of your legacy message.

Section 3: Choose Your Stage

Not all stories are meant for the same space — and that's okay.

Audience	Way to Share	Notes
My family or children	Write a letter, record a video, share over dinner	
My close friends/ community	Share in a small group, post on social media, write a blog	
A wider audience	Speak at an event, podcast, YouTube, book, or article	

Start where you feel safe, then expand as you grow.

Section 4: Shape Your Story

Use the **Hero's Journey arc** to structure your message — it's familiar, powerful, and universal:

1. **The Ordinary World:** Who were you before it all began?
2. **The Call to Change:** What moment or realization set everything in motion?
3. **The Battle:** What did you have to face or overcome?
4. **The Death:** What did you lose or let go of?
5. **The Resurrection:** How did you change or rise stronger?
6. **The Return:** What do you now carry back to others?

Tip: Keep it honest, not perfect. People connect to your *realness* far more than your polish.

Section 5: Closing with Impact

End your story with an invitation or insight.

- What do you want your listener/reader to feel, know, or do next?
- What truth do you want echoing in their mind when they walk away?

Example:

“You might not see your strength yet, but it’s there — waiting for its moment to rise. I know, because I’ve been where you are.”

Section 6: Protecting Your Peace

Before sharing, check in with yourself:

- ✓ Am I sharing from healing, not hurt?
- ✓ Am I ready for others’ responses (or silence)?
- ✓ Does this story serve love, truth, and freedom — not revenge or validation?

Remember: You decide what parts of your story the world gets to hold. The rest can stay sacred.

Pair With:

- 📖 **Becoming Her Journal** — reflect on how your story has shaped who you’ve become.
- 🌟 **Legacy Vision Planner** — connect your story to the impact you’re creating.