



Story Validation Assessment

Sharing your story is a powerful way to connect, inspire, and transform lives—including your own. But how do you know if you're truly ready? This assessment will help you reflect on your experiences, identify your message, and gain clarity on whether it's time to put your story into words. You can type directly into this document or use a notebook to answer and reflect.

Section 1: Recognizing the Call to Share

- Do people often tell you, 'You need to write a book' or 'Your story could help so many'?

Yes ☐ No ☐

Reflection: _____

- Have you gone through major life challenges and feel like you've learned something powerful that could help others?

Yes ☐ No ☐

Reflection: _____

- Do you feel a deep inner stirring that your story isn't just for you—but for someone else's breakthrough?

Yes ☐ No ☐

Reflection: _____

- Have you shared parts of your story before (with friends, family, or in public) and felt a strong response?

Yes ☐ No ☐

Reflection: _____

- Do you find yourself reflecting on your past experiences and seeing patterns of how God has moved in your life?

Yes ☐ No ☐

Reflection: _____

Section 2: Identifying Your Story's Message

- What is one defining moment that changed the course of your life?

- What hard lessons have you learned that you wouldn't want others to go through alone?

- How has your faith played a role in your healing and growth?

- If you had 10 minutes to share your story on a stage, what message would you want people to walk away with?

Section 3: Overcoming the Fear of Sharing

☐ I don't think my story is special enough.

☐ I'm afraid of what people will think.

☐ I don't know how to start.

☐ I feel like I'm not qualified to share.

☐ I've started before, but I never finished.

Truth: Every story matters because every person matters. Your lived experiences are powerful, and someone is waiting to hear what you've learned.

Final Reflection: Is It Time to Share Your Story?

If you answered "Yes" to 3 or more questions in Section 1, you are already carrying a message inside you that needs to be shared. Fear is normal, but it doesn't have to hold you back. Take this as your confirmation that your story matters and it's time to share it!