

## 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...

---

---

---

---

---