



## How to Find & Tell Your Story

**But, I don't have a story...**

YES YOU DO! You have so many stories... And they're all unique experiences to you.

As long as the story is a **meaningful experience** for you, others will benefit from hearing it.

**Let's BRAINSTORM**

Do any of these themes or prompts remind you of a specific moment in your life?

Professional	Intersectionality	Personal
Workplace Safety	Ethno-racial experiences	Self-Care
Leadership	Gender Identity	Mental Health
Innovation	Sexual Orientation	Personal Finance
Cyber security	Disability	Physical Health
Negotiations	Generational Experiences	Values
Networking	Immigrant experience	
Teamwork	Spiritual Experiences	

### Reflect on a time when you:

- First realized you were \_\_\_\_\_
- Felt really \_\_\_\_\_
- Changed your mind about something or someone
- Change was hard
- Felt accomplished
- Wish you had done something differently

### Tell your story

Tell your story once out loud. Don't worry about mistakes. Time it. Your story needs to be less than 3 minutes long.

### Record your story that will help change the world

Hold your smartphone vertically (portrait mode) and use the front facing camera.

If you're not comfortable showing your face, you can point the camera at a blank wall or stuffed animal.

Hit record and tell your story, staying under 3 minutes

upload your story.