

# STORY OF SELF WORKSHEET

## PART ONE: SELF

Think about how you got from where you started, to where you are today. Consider:

**Important experiences:**

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**Challenges:**

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**Choices you had:**

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**Outcome (after choice was made):**

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## PART TWO: US

Think about the values you share with others, what's at stake, and the invitation you want to extend. Consider:

**Common values that are under threat:**

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**What connects us to each other:**

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## PART THREE: NOW

Think about the problem you want to solve, why it's important to act now, and what that action is. Consider:

**Why this problem matters:**

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**How we can collectively fix it:**

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Now you are ready to write it out (bullets or paragraph form), practice it, and put it to use!