

SHARING YOUR STORY FOR THE GREATEST IMPACT

Craft Your Story

Now let's start drafting your story by taking content you have already created through your story timeline. Download the "Craft Your Story" template and take a few minutes to fill in your answers to the 6 questions. You may refer back to the example stories from Martha, Simon or Sophie if needed.

1. Introduce Yourself

Tip: Share your full name, city or town. This helps your audience connect with you

2. What Happened? (Same as in "focus your story")

Tip: What happened before you received the help you needed? Keep this very brief - think about what you could share in 30 seconds.

3. What Helped? (Take elements from "what happened" in focus your story)

Tip: Describe what helped in your recovery, especially if culturally relevant.

4. How are you Different Today? (Take elements from "what happened" in focus your story)

Tip: Share what is going right in your life or how you are experiencing recovery.

5. Make your Point

Tip: This is a transition from your personal story to a message for your audience.

6. Make your "Ask"

Tip: Let your audience know how they can help. Say thank you.