

The Hero's Journey

1. Share a struggle, challenge or the pivotal moment that started you on this path
2. Share the story of your journey and how it brought you to the work you do today
3. You want to give them hope that if you did it, they can do it too
4. Share the insights you learned that allowed you to _____
5. Pivot to your audience by letting them know why you decided to share this with them
6. End with an invitation to take some kind of action

Suggestions when creating your story:

- Your story should relate to your podcast
- Write the story out (longhand or use your computer)
- Read it out loud
- Feel the emotion (energy)
- Set it aside and go back to it later
- Get feedback

My Hero's Journey: