

## **The Power of Your Story Worksheet**

Are you ready to tell your story, sister? Watch the podcast interview with Kylie Slavik and use this worksheet to brainstorm.

### **Three aspects that make a good story:**

Character development - Who are you? What can you reveal?

Empathy - How did you struggle? What challenge did you face?

Transformation - What obstacles did you overcome? What insights did you learn?

### **Picking the story you want to tell:**

What story feels most on your heart? What has been your biggest transformation recently? What brings you alive to talk about? What feels most scary yet most potent to reveal? Remember, get out of your head and into your heart. Pick one story to tell ...

What message do you want to convey about this story? What top 3 lessons did you learn?

Lesson 1:

Lesson 2:

Lesson 3:

### **Elements of your written story:**

Captivating Title

Catchy first paragraph that draws the reader in

What's the problem that your reader faces? Or what's her desire?

The point of transformation

Before the transformation - what were you like?

Now what's possible after the transformation + points of insight