



Exercise: Developing Your Story of Self

Total Exercise Time: 35 minutes

1. Break into small groups. Choose a timekeeper.
 2. On your own, spend 10 minutes developing your story of self. Use the worksheet below. You may have multiple stories of self. Pick one and develop it.
 3. Share your story of self with a partner. You will have 2 minutes to tell your story. Your partner will then spend 2 minutes giving you feedback. You will then switch and have your partner tell her story and you will provide her with feedback.
 4. As a small group, go around the group and have each person tell his/her story. You will have 2 minutes to tell your story. Your group members will then give you feedback for 1 minute.
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Story of Self Worksheet

Before you decide what part of your life story to tell, think about these questions:

1. What change do you want to make in the world? (e.g., equal pay for women)
2. Which values do you think this audience holds? (Sometimes you have to guess a little.)
3. What story can you tell about your life that would reveal that you have similar values to the audience and also explain to them why you are called to leadership on your issue?

With those questions in mind, select stories to tell about yourself to start construction on your story of self. Struggling? Think about the following:

Family & Childhood

Parents/family
Growing up
Your community
Role models
School

Life Choices

School
Career
Partner/family
Hobbies/interests/talents
Finding passion
Overcoming challenge

Organizing Experiences

First experience of organizing
Connection to key books or people
Role models



Think about the challenge, choice, and outcome in your story. The outcome might be what you learned, in addition to what happened. A story doesn't have to be dramatic to be effective!

CHALLENGE FACED:	CHOICE MADE:	OUTCOME OBSERVED:

DETAILS OR IMAGES THAT WILL HELP TO MAKE THE STORY COME ALIVE: