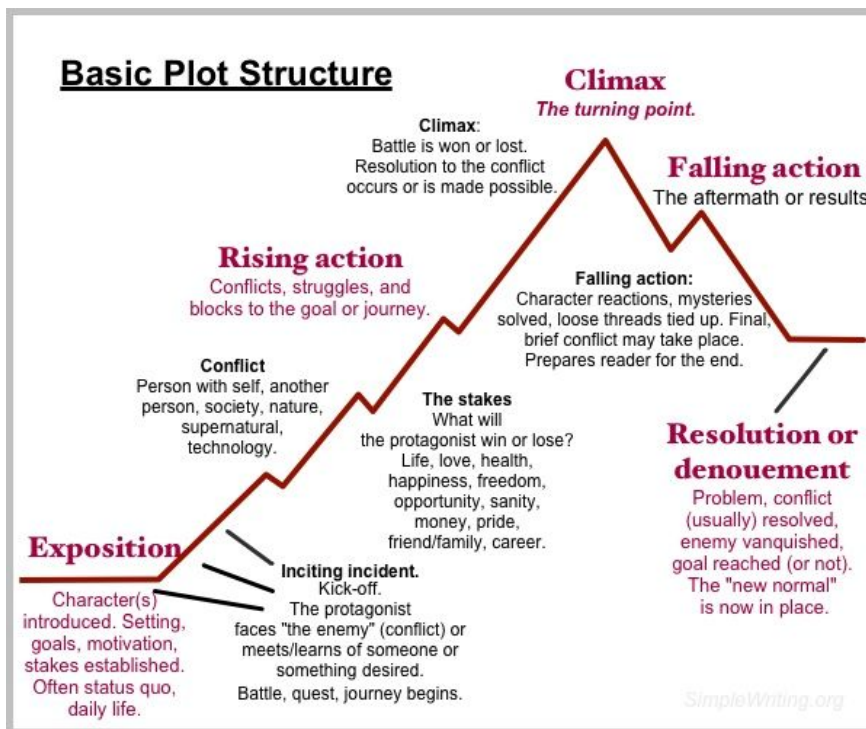


# MY TOOLBOX

EXPLANATION:

WHAT IS YOUR STORY? HOW DO YOU CELEBRATE YOU AND SEE YOUR JOURNEY AS EMPOWERING? YOUR TOOLBOX IS A PLACE FOR YOU TO EXTERNALIZE YOUR NARRATIVE AND BUILD A WORKING MEMORY OF EXPERIENCES THAT HELP YOU PROCESS AND FEEL CONFIDENT ABOUT YOUR JOURNEY.

REVIEW:



YOUR STORY IS ALWAYS CHANGING! SO ASK YOURSELF THE FOLLOWING QUESTIONS TO HELP YOU IDENTIFY THE "RIGHT" STORY TO TELL, HERE ARE THE QUESTIONS TO CONSIDER:

TO FIND YOUR "CONFLICT":

1. WHAT WAS THE CHALLENGE YOU FACED?
2. WHAT WERE YOU SEARCHING FOR?

TO UNDERSTAND HOW TO BUILD "SUSPENSE" OR HAVE A GREATER IMPACT ON YOUR AUDIENCE:

1. CHOOSE THE MOMENT YOU CAN CLEARLY DEFINE AS FACING THIS PROBLEM OR STARTING THIS QUEST (INCITING INCIDENT)
2. FAST FORWARD TO THE MOMENT THAT YOU CAN DEFINE AS A "TURNING POINT" IN THE STORY (CLIMAX)

3. TO BUILD SUSPENSE/KEEP THE AUDIENCE ENGAGED THINK OF AS MANY EVENTS THAT LEAD TO THE TURNING POINT THAT INCREASED THE IMPORTANCE OF YOUR JOURNEY OR AMPLIFIED THE CONFLICT, THEN NARROW THE EVENTS DOWN TO 2-3 (RISING ACTIONS)
4. WHAT IS LIFE LIKE NOW? DID YOU RESOLVE THE CONFLICT OR ARE YOU STILL BATTLING IT? (YOUR "NEW NORMAL" CAN BECOME THE "RESOLUTION/DENOUEMENT")

NOW THAT YOU ARE ALL CAUGHT UP HERE ARE SOME IDEAS TO GET YOU STARTED:

### TOOLBOX

- 3 MOMENTS THAT HAVE SHAPED WHO I AM TODAY

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

- 3 MOMENTS THAT GIVE ME STRENGTH

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

- 3 MOMENTS WHERE I AM FIGHTING A CURRENT CHALLENGE

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

- 3 MOMENTS WHERE I OVERCAME A CHALLENGE

1. -----  
-----
2. -----  
-----
3. -----  
-----

- 3 MOMENTS WHERE I PROVED MYSELF RIGHT/WRONG

1. -----  
-----
2. -----  
-----
3. -----  
-----

- 3 MOMENTS WHERE I FELT VULNERABLE

1. -----  
-----
2. -----  
-----
3. -----  
-----

- 3 MOMENTS WHERE I SURPRISED MYSELF/TESTED MY STRENGTH

1. -----  
-----
2. -----  
-----
3. -----  
-----

MOMENTS IN MY JOURNEY TO HIGHLIGHT WHEN TALKING TO SOMEONE *WITH* MS:

1. -----  
-----
2. -----  
-----
3. -----  
-----

MOMENTS IN MY JOURNEY TO HIGHLIGHT WHEN TALKING TO SOMEONE *AFFECTED* BY MS:

4. -----  
-----
5. -----  
-----
6. -----  
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