



## CONNECT

Things to ask myself...

- Who is my audience?
  
- What details will make my story compelling and memorable?
  
- How would I feel if other people who are in my story hear what I have included?
  
- How can I connect my story to my listeners' knowledge of the issues and their own experiences?
  
- What will I say to connect my sharing to my purpose?
  
- While connecting with the audience through my speech or answering audience questions, how much am I willing to share? What do I definitely want to keep private?
  
- What will I say if someone asks a question that I am uncomfortable answering?

## TRANSFORM

Things to ask myself...

- How do I want my story transform others?
  
- What do I want people to learn from hearing my story?
  
- What action(s) do I want the audience to take after hearing my story?
  
- My story has the power to transform those close to me, including myself. Have I shared this story with someone I trust before "going public"?
  
- What meaning do these experiences, in my story, hold for me? How have these experiences influenced my thinking? Values? Actions?

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Modified from Casey Family Programs' Strategic Sharing.