

Personal Story Builder

A personal story has four parts that come together to build a complete story.

- Challenge: Why you got involved. What did you want to change or improve?
- Choice: What action did you take to bring about that change?
- Outcome: What happened because of your action? How did it bring about positive change?
- Ask: What are you asking your audience to do? What commitments to action can they make that will bring about more improvement?

Use the boxes below to write each part of your personal story, then bring them all together and share with your partner. For this exercise we are using the 3 minute version of our personal story. Keep that in mind as you are writing.

Challenge: What motivated you to get involved? What did you want to change or improve?

Choice: What action did you take to bring about that change?

Outcome: What happened because of your action? How did it bring about positive change?

Ask: What are you asking your audience to do? What commitments to action can they make that will bring about more improvement?



IMPROVECARENOW

