



SHARE YOUR STORY: DAY 1

Setting Intentions: What do you hope to get out of this workshop today?

Choose a story - Think of a pivotal moment in your life that help you become who you are today. Think through everything you remember about this moment or why you chose a specific emotion. Why is it significant? Why did you choose this moment?



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List 3 key details you remember about this moment or describe how this emotion affects your life on a daily basis.

**Who are some key people that contributed to this moment or emotion?
What role did they play? Why are they significant?**



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Where did the moment take place? Or where were you when you felt this emotion? Why were you there? What were you doing?

How has this moment or emotion helped to shape who you are today? Is it a positive or negative feeling? Is there anything that triggers this emotion or memory?