



SHARE YOUR STORY: DAY 2

Journal Prompt: What are you grateful for?

Why do you want to tell your story? What will it clarify for you? Could it help others or how would you like for it to help others?



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Think about how sharing your story will affect you. Are you ready to share this story? How do you believe you will feel once you share it? Will you feel a sense of freedom?

What level of vulnerability are you at? How transparent do you want to be? What are you okay with sharing? What remains under lock and key?



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How does this story from section one (Choose Your Story) align with your heart and your overall life intentions?

Jot down a few intentions for this specific story. How will it help someone? Why do you want to share? How will it support you on your journey? Why is it worth sharing?