

OWN YOUR STORY GUIDE

Be Fabbo Podcast – Bobbi Brinkman

How to Share Your Journey with Confidence

Congratulations! You're taking the first step in owning your journey and sharing your story with confidence. This guide will help you reflect, reframe, and craft your story in a way that empowers you and impacts others.

SECTION 1: REFLECT ON YOUR STORY

- ❖ **What are three defining moments in your personal or professional journey?**

1. _____
2. _____
3. _____

- ❖ **How did each of these moments shape your growth or perspective?**

1. _____
2. _____
3. _____

SECTION 2: REFRAME SETBACKS INTO STRENGTHS

- ❖ **Think of a moment you considered a failure or setback. Describe it briefly:**

- ❖ **What did you learn from that experience?**

- ❖ **How has this lesson helped you become stronger or make better decisions?**

SECTION 3: STRUCTURE YOUR STORY

Use this simple storytelling framework to craft a compelling story:

"I used to believe ____, but after experiencing ____, I learned that _____. And that changed how I approach _____."

◆ **Try it here:**

BONUS: STORYTELLING TEMPLATE

Use this template to share your story **on social media, in a speech, or in a podcast:**

Introduction: (Start with a powerful hook that grabs attention.)

The Challenge: (Describe the situation or problem you faced.)

The Turning Point: (What shifted? What did you learn?)

The Outcome: (How did you grow or what results did you see?)

Final Takeaway: (What is the lesson for your audience?)

You have a story worth telling and it deserves to be shared! **Own it. Share it. Inspire others.**

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