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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