



Storytelling Worksheet Guide

1. Identify Your Purpose

What do you want your story to achieve?

- ☐ Inspire other families
- ☐ Advocate for a cause
- ☐ Educate or inform
- ☐ Build connection
- ☐ Honor family experiences
- ☐ Other: _____

2. Know Your Audience

- ☐ Who are you sharing this story with?
(e.g., parents, policymakers, providers,
community members)
- ☐ What do they believe and care about?
- ☐ What do they already know or need
to know?
- ☐ How can your story help them
understand your experience?

3. Define Your Core Message

- ☐ If your audience remembers only
ONE thing, what should it be?

4. The Story Structure

Setting the Stage (2 minutes)

- ☐ Introduce yourself and your family.
- ☐ What challenge, barrier, or experience
changed you?
- ☐ Describe what life was like before the
change.

Challenge & Action (2 minutes)

- ☐ What struggles did your family face?
- ☐ What did you do to overcome them?
- ☐ How did your family grow or change
through the experience?

Resolution & Call to Action (2 minutes)

- ☐ What did you learn?
- ☐ How has your family changed or
strengthened?
- ☐ What message do you want to leave
with your audience?
- ☐ What action do you want them to take?

5. Tips for Storytelling

Make It Impactful

- ☐ What emotions do you want to share?
- ☐ What specific family moments or details
make your story real and relatable?
- ☐ What is one powerful sentence that
captures your story?

Refine & Practice

- ☐ Read your story out loud.
Does it flow naturally?
- ☐ Cut out extra details that don't add
to the main message. Keep it focused.
- ☐ Ask a family member or friend for
feedback.