

Getting Started

This template is designed to help you gather and organise your thoughts and ideas as you begin your journey in storytelling and advocacy.

It's a 'brain dump' exercise where you can freely express your thoughts without worrying about structure or order. Use the prompts below to guide your brainstorming process. Feel free to write or draw your responses. Remember, there are no right or wrong answers.

Let your creativity flow!

01

What is something you are passionate about or interested in?

It could be a hobby, a cause or a topic you care deeply about.

02

Think about a personal story or experience related to your passion/interest.

What happened? What emotions did you feel?

Write a brief description or draw a picture.

03

Who is your audience?

Who do you want to share your story with or advocate for?

It could be a specific group of people or a broader audience.

04

**List three key messages you want to convey through
your storytelling and advocacy.**

These can be ideas, values or lessons you want others to learn or understand.

05

How do you want your audience to feel when they hear your story or message?

Write down or draw the emotions you want people to feel.

06

Brainstorm different ways to share your story or advocate for your cause.

List any ideas that come to mind, such as writing, speaking, creating artwork, using social media or participating in community events.

07

Think about the challenges you might face along the way.

What obstacles or concerns do you think might come up?

Write them down and consider how you can overcome them.

08

Reflect on the support and resources you may need to pursue your
storytelling and advocacy. Who can help you on this journey?
What tools or information would be useful?

09

Take a moment to celebrate and acknowledge your decision to embark on
this storytelling and advocacy journey.
Write a positive affirmation or draw a symbol representing your excitement
and determination.

**.our voices
our lives
our way.our voices
our lives
our way.our vo**

Remember, this brain dump is just the beginning. Use these prompts as a starting point to explore your thoughts, ideas and aspirations. Allow your creativity to guide you and don't be afraid to think outside the box. Your voice and experiences are valuable and by sharing them you can make a positive impact in the world.

If you need any assistance or support while completing this template, reach out to someone you trust. Good luck and enjoy the process of discovering your unique storytelling and advocacy path!

**r way.our voices
our lives
our way.our voices
our lives
our way.**