

# Storytelling Worksheet

*This worksheet is modelled after trainings hosted by Sunrise Movement & the work of Marshall Ganz and others - we are grateful for their leadership in supporting movement leaders in becoming powerful storytellers. We hope it is useful to the feminist climate activists in the Women & Gender Constituency!*

**Challenge:** What is a challenge you've overcome in your life? This could be a time when you felt you had to act, felt you could act, felt isolated, or felt in community.

*Hint:* Sometimes people see the word challenge and think that they need to describe the misfortunes of their lives. Keep in mind that a struggle might be one of your own choosing -- a high mountain you decided to climb as much as a valley you managed to climb out of. Any number of things may have been a challenge to you and be the source of a good story to inspire others.

**Choice:** How did you overcome your challenge? What was the most important choice you made in overcoming this challenge?

**Outcome:** How did this choice change you or your community?

**Value:** What is the deep value that guided you through this challenge or that this challenge instilled in you? How does this value relate to your work today?