**CLAIM YOUR STORY**

*“Owning our story and loving ourselves through that process is the bravest thing we'll ever do.” –* Brene Brown

The point of today’s lesson is to get you thinking about your life story in a broad way. Usually when we think about our “story” we think about the same stories. It is common to get “stuck in your story.” This is a story excavation exercise. We want you to start thinking about your story and your history in ways you may not usually think. This exercise is meant to help you claim your story and see all the different stories that make you *you.*

1. **WRITE ABOUT AT LEAST ONE MAJOR TURNING POINT IN YOUR LIFE. HOW DID THAT TURNING POINT SHIFT HOW YOU SAW THE WORLD?**
2. **WRITE ABOUT AT LEAST ONE PIVITOL CHOICE YOU HAVE MADE IN YOUR LIFE, OR A CHOICE THAT WAS MADE FOR YOU?**

1. **WRITE ABOUT SOMEONE WHO WAS INFLUENCIAL TO YOU GROWING UP AND REFLECT ON THE WAYS THEY INFLUENCED YOU.**
2. **LIST AT LEAST ONE MOMENT OF CHALLENGE THAT SHAPED WHO YOU ARE.**

**Please share your answers to these questions in the STORIES ARE POWER Facebook group.**