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**Worksheet: Telling Your Personal Story**

One of the most effective ways to advocate for a policy or systems change is to share real stories that illustrate the problem we are looking to solve. Real people who have a personal connection to the issue are critically important to convince decision-makers, the media, and voters in general that change is needed. This includes people who have lived experience, their friends and family, health care providers, researchers, parents, young people and more. Lawmakers want to connect with the issue on a human level. They want to feel something.

This short worksheet can help you write a brief account of your personal story. We know how hard it can be to take a real-life experience and attempt to boil it down to a few short paragraphs! We hope this makes the process a bit easier for you.

We are honored that you are sharing your personal story with us and will treat it with care.

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(1) What do you want those who hear your story to think about or understand about the issue?

(2) How do you want listeners to feel when they hear your story?

(3) How might your story convince a lawmaker that our goal is important?

(4) Tell us your story, trying to incorporate your answers to questions 1-3. Please limit your story to 3 paragraphs.