

Introduction

Who am I?

For example, your name, your role, any organisations you're involved with.
What is your identity?
How do you see yourself?

Why am I here?

What you're there to do that day or why you're sharing your story.

Personal history

A brief account of your history.
What's brought you to this point of being here and sharing your story.
Where have you come from?

Messages & Themes

Are there common themes in your story?
Have similar things happened throughout your story that you want to highlight?
What messages do you want to pass on to other people?

Significant Events

Are there any major incidents you want to highlight?
Any really good experiences?
Any really bad experiences?
What stands out for you?

My Journey

What's your own journey of recovery?
What's your own journey as a carer?
What has helped?
Has there been any obstacles in your journey you've overcome?

Triggers

Do you have any triggers that you think it's important other people are made aware of?

Feelings

What emotions are common in your story?

Facts & Figures

Are there any significant facts or figures that relate to your story?

Ending

Who I am now

Where are you now in your journey?
Have you changed as a person?

What next?

What next in your journey?
What are your hopes for the future?
What do you want to do next?
What impact or changes do you want to make?

My lessons for others

What do you want people to take away from today?
What do you want people to learn from you?
Do you have suggestions to make improvements?
What message do you want people to leave with?

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Who I am now

What next?

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