

## Sharing your Story

*Copy and paste these questions into a word document and start typing OR print them out and write your answers in and send me a pic of them. Either way is perfect! What's most important is that your story gets shared.*

Think of an experience in your life that was hard, that made you dig deep to get through it and that changed who you were and you live and view your life. In a few sentences tell me what this experience is?

Describe, as if talking to a friend who hasn't heard the story before (like me), your experience. Don't leave out any detail and use as many pages as you need.



How were you feeling at the time when you were experiencing this part of your journey?

In what moment did you realize that you could and would move through this? What happened to make you realize that? Or if you didn't feel this when you were in it, what did you feel once you were through it?

What was the hardest part to get over or go through?



What are the one or two things you wish you would have known at that time?

What did this experience teach you about yourself?

What did you personally gain from this experience that is wisdom and knowledge that you use in your life now?

Thinking back, what is the greatest gift the experience gave you?



What would you like someone to know who is going through something similar? If you could sit down with them, what would you say to encourage them to keep going?

In a sentence or two, describe how your experience has changed you and allowed you to live a more fulfilled life?

What was your biggest lesson in this?

Please share anything else that you feel will support others in their journey!

Thank you so much for writing your story. You can email me at [jill@jillethier.com](mailto:jill@jillethier.com) or message me on FB with your story.

