

BRAVE WOMEN LEAD ONLINE WORKSHOP

STORYTELLING AS LIBERATION WORK

Storytelling is so important for women. It gives us the ability to hear our voice, speak our truth, and create community with other women. Having someone hear our story (and *believe* our story) is life affirming. It honors where we have been, where we are today, and where we hope to go in the future.

EXAMINING OLD STORIES

Review and reflect on your Bravery Canvas to identify a story that might be holding you back, making you feel stuck, or causing fear. In the space below, write down one of the stories.

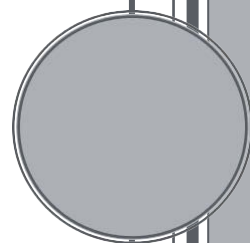
REFRAMING REVIEW

In this workshop, you learned three reframing strategies:

1. Find better language that affirms your identity as a woman
2. Question everything that you have been taught to be true
3. Apply a Love Filter whenever you feel afraid

“The most dangerous stories we make up are the narratives that diminish our inherent worthiness. We must reclaim the truth about our lovability, divinity, and creativity.”

Brene’ Brown



REFRAMING YOUR STORY

Re-read what you have written with curiosity and without judgment. Using the strategies listed below, answer the following questions.

1. Find Better Language

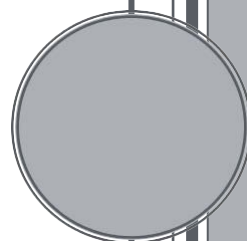
Are there words that I can change to make this story support and inspire me? List those words below.

2. Question Everything

Are there assumptions in the story that I can challenge or update?

3. Apply a Love Filter

If I were talking to my best friend, how would I encourage her to see this story differently?



REWRITING YOUR STORY

In the space below, rewrite the story so that it supports and encourages you to move out of your Safe Space and into your Brave Space.

SHARING YOUR STORY

Speaking our story and bearing witness to another's is a sacred act. Use the template below or create your own method of sharing. Take turns speaking and listening for a minimum of 3 minutes each. At the end of each story, the listener shares other reframing ideas.

A story that makes me feel stuck or afraid is.....

I am reframing this story with better language, questions, and love.

The new story is....

"Our key to transforming anything lies in our ability to reframe it."
Marianne Williamson

