



A Story Worth Sharing

A SAMPLE "GO FORTH" INITIATIVE

No matter how ordinary our lives may seem, everyone has a story worth sharing. So why not write your story down and leave it to loved ones?

Telling your story can leave a cherished imprint, but it can also help you work through complex feelings like grief, trauma, or joy, acting as an emotional release. It can help you make sense of your life's events, understand who you are becoming, and can lead to greater confidence. And the act of vocalizing your experiences can also be therapeutic and may help you achieve greater self-acceptance.

More importantly for your loved ones, your story can help them feel less alone by showing them they are not the only one who has had a similar experience. It can provide hope and motivation to them, especially if it details overcoming challenges and examples of your faith. Your story can allow others to better understand your perspective and experiences, which can foster empathy and compassion. You can also pass on your hard-earned wisdom and resilience to people who may need to hear it.

It may seem like a daunting task, but there are many great websites to help you get started and even edit, organize, print, and finish your book – complete with images and a hardbound cover.

Here are some great places to start:

- <https://storyworth.com/>
- <https://mylifeinabook.com/>
- <https://www.remento.co/>
- <https://meminto.com/>
- <https://www.mystoriesmatter.com>

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

-- Anne Frank, *Diary of a Young Girl*

Your story is a unique part of your identity that only you can really tell, and it has the power to change lives!