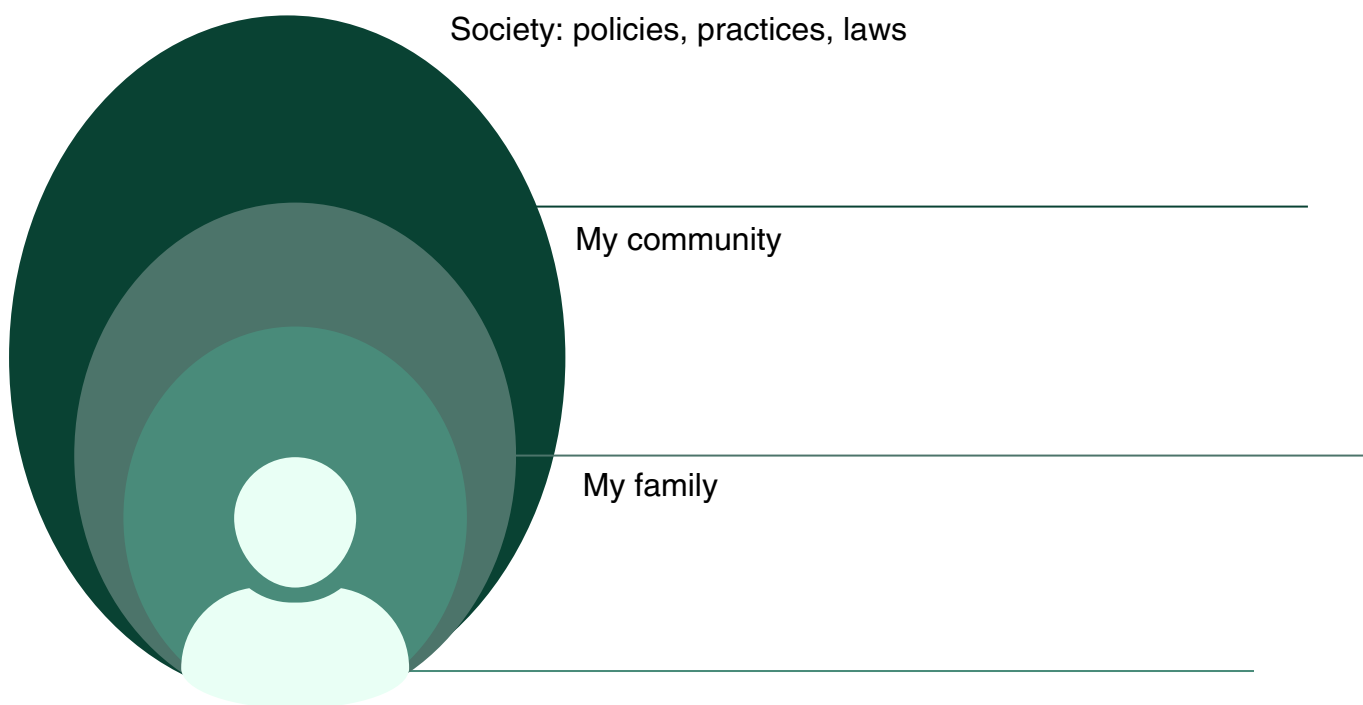


# Who / what has contributed to my story?



## **Before**

3 events that sum up your experiences; How did it feel? What question did you have?

## **Pivot**

What was the main moment that created a shift in you? How did you feel? What question did you have?

## **After**

Where are you now? How do you feel? What question do you have? What do you feel like now?

## **Future**

What do you imagine for the future? How will it feel? What are 3 steps towards that future?