



Find & own  
your story

# Leading *Rebels*

Hey there rebel!

When you think of storytelling, what comes to mind? Standing on a stage? Sitting around a campfire? Those are totes arenas where stories are told, but when it comes to telling our own, we often jump ahead of the process, wanting the tactics and tools to share and spread our story.

Don't get me wrong – that's super important too! And there'll be an episode on that on the Leading Rebels podcast too. But before we get there, here's the most important step: finding and owning the stories you want to tell.

I know you have something valuable to say, and I've created this worksheet so that by the end, you'll believe it to!

Keep being a rebel,

*Kat*

This worksheet is based on S3E3 of the Leading Rebels podcast – make sure you've listened to it at [www.leadingrebels.com/33](http://www.leadingrebels.com/33) before you dive in!

# Find your story

What are your values and passions? What's the story behind them?

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What have been your past achievements? What made you succeed in those situations?

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# Find your story

Ask family, friends, colleagues/clients what their favorite stories of you are:

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Take an online personality test (for example, Myers-Briggs, CliftonStrengths). What do the results spark for you?

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# Own your story

What part of the story did you have agency in?

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Write out what you'll practice saying in front of the mirror (in third person!):

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# Great job!

Congrats, you made it! Cheers to you for investing in laying a solid foundation to tell and spread your story as a next step. If you found this helpful, I'd love to hear from you somewhere on the interwebs where I hang out, links below.

Oh, and if you don't want to miss more awesomesauce content like this, make sure you're subscribed to the Leading Rebels newsletter: [www.leadingrebels.com/newsletter](http://www.leadingrebels.com/newsletter)



## Let's connect



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