A Little Note Before You Begin



I'm so glad you're here.

I created this guide because I believe every one of us has a story worth sharing. And sometimes, the hardest part isn't finding the words. It's recognizing that our experiences, our lessons, and our voices have value in the first place.

I've spent much of my life telling stories—first as a journalist, and now through conversations that remind me just how powerful human connection can be. And here's what I've learned: the stories that stay with us aren't always the biggest or most extraordinary. They're the ones that make us feel seen, understood, and a little less alone.

Whether you've built something you're proud of, navigated an unexpected chapter, learned a lesson the hard way, or simply discovered something about yourself along the way—there is meaning in your experience. This worksheet is an invitation to pause, reflect, and begin discovering what you have to share.

You don't need a perfectly polished story. You don't need to know exactly where it will lead. You just need to believe that your voice matters. Because it does.

With love and light,

Danielle Smith

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YOUR STORY IS WORTH SHARING

A little reflection. A little courage. A whole lot of possibility.

You don't need a perfect story or a huge platform. Begin with what you've learned, who it might help, and what you want them to remember.

01 WHAT HAS SHAPED YOU?

THINK ABOUT SOMETHING YOU'VE EXPERIENCED, OVERCOME, BUILT, CHANGED, OR LEARNED. WHAT PERSPECTIVE DID IT GIVE YOU?

02 WHO NEEDS TO HEAR IT?

PICTURE ONE PERSON WHO COULD BENEFIT FROM YOUR EXPERIENCE. WHAT MIGHT THEY BE FACING OR HOPING FOR?

YOUR STORY IS WORTH SHARING

03 WHAT DO YOU WANT THEM TO REMEMBER?

WRITE THE ONE IDEA, LESSON, OR ENCOURAGEMENT YOU HOPE THEY CARRY AWAY

Your expertise gets attention.
Your story creates connection



Thank-you!

Your Story Is Just Beginning.

Thank you for taking the time to pause, reflect, and explore the experiences that have shaped you.
I hope this worksheet has helped you recognize something important: your story doesn't have to be extraordinary to make an extraordinary difference in someone else's life.
Your perspective matters. Your experiences have value. And somewhere, someone may need to hear exactly what you've learned.

So, what comes next?
Maybe you share a little more of yourself in a conversation. Maybe you write something you've been holding onto. Maybe you take that first step toward sharing your voice on a podcast. Whatever you choose, remember that connection begins with the courage to be seen and heard.
I'd love to stay connected.

- Explore the Podcast Guest Starter Guide (also a free download) to learn how to share your story with a new audience.
- Listen to Hope Comes to Visit for meaningful conversations about hope, resilience, and the power of our stories.
- Connect with me for more inspiration, storytelling, and opportunities to grow.

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Your story matters. And I can't wait to see where it takes you.
With love and light,

Danielle

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