Reflection

Tell your story in a way that is honoring to you.
You get to decide your narrative. Share what you want about yourself.

Write the aspects of your past which you would share with anyone at anytime:



Share Openly

Document what stories you would pause and consider sharing with certain people in some circumstances:



Share with Caution

There may be some life experiences that you will not want to share and that's okay. Part of leading a resilient life is making informed decisions about what you share and with whom.



Do Not Share