

Story Practice Sheet

1. My Introduction	Include your name, city, and organization. We encourage you to share your connection with ACS CAN.
2. What Happened	Aim for 3-9 sentences. Briefly describe the most important and compelling thing(s) about your cancer story, journey.
3. What Helped	Aim for 1-5 sentences. Briefly describe what helped on your cancer journey (or what would have helped). Aim for a hopeful tone that helps show what is helpful.
4. How I'm different today	Aim for 1-3 sentences. Share what is going right in your life or how you are experiencing life cancer free. This concludes your personal story on a positive note that inspires.
5. What is the need or problem	Aim for 1-2 sentences. Transition to the challenge(s) faced by people living with cancer that you want to address.
6. What will help others	Aim for 1-2 sentences. Talk about what will help. Let your listener know what will address the need or problem you describe.
7. My "Ask"	Aim for 1-2 sentences. Thank your listener for listening to you. Then, ask your listener for a commitment. Be specific.