

Your Journey Map

Brooke's Butterfly Touch: Creative Storytelling Services (BBT) strives to help others discover the power in sharing their own stories with their chosen community and/or audience in order to cultivate hope, healing, acceptance, and new opportunities.

This journey map will help you organize the main points and message of your story.

Where have you been?	Where are you now?	So what/why/what now?
<ul style="list-style-type: none">• Life experience, trauma, limitations or diagnosis• Key people in your story• When/where• Turning point (what made you seek help)• Your beliefs	<ul style="list-style-type: none">• Your recovery process• Lessons learned• Things you are grateful for• Your current challenges• Gifts and talents• Your current job/circumstances	<ul style="list-style-type: none">• What's your message or reason for sharing your story?• Your new passions/dreams/goals• How do you want to change the world?• What would you like people to know about you?

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Where have you been?

Where are you now?

So what/why/what now?