

Ally - Sharing Your Story

In addition to investigating, experimenting and implementing changes to your work and life, you will benefit over the next three months by crafting and telling your story.

Review “My Plan for Work and Life”, and choose the aspects that are most important to include in a summary of your path forward. Jot down an outline of the points you want to include in a 60-second spoken story, and begin telling it.

Record your story, and tweak it until it is about a minute in length and expresses your way forward in the way that you want it to.

Now, begin to tell it to others. Family members, friends, colleagues, networking contacts. You’ll notice that it continues to evolve. Let it. Practice telling your story and tweak it so that it is always the best current reflection of where you see yourself now and where you are heading.