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.

<table>
<thead>
<tr>
<th>Where have you been?</th>
<th>Where are you now?</th>
<th>So what/why/what now?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life experience, trauma, limitations or diagnosis</td>
<td>Your recovery process</td>
<td>What's your message or reason for sharing your story?</td>
</tr>
<tr>
<td>Key people in your story</td>
<td>Lessons learned</td>
<td>Your new passions/dreams/goals</td>
</tr>
<tr>
<td>When/where</td>
<td>Things you are grateful for</td>
<td>How do you want to change the world?</td>
</tr>
<tr>
<td>Turning point (what made you seek help)</td>
<td>Your current challenges</td>
<td>What would you like people to know about you?</td>
</tr>
<tr>
<td>Your beliefs</td>
<td>Gifts and talents</td>
<td>Your current job/circumstances</td>
</tr>
</tbody>
</table>

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**Your Journey Map**

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A Brooke’s Butterfly Touch personal storytelling tool © 2017 all rights reserved.
Use these butterflies to help you visualize your story.
Start by putting your topic/title in the body (center). Then write or draw your ideas and main points in the spaces and see how they connect.
Make them fun and colorful!
Brooke’s Butterfly Touch Tips and Tricks
For Using AT/AAC Devices with Creative Media to Share
Your Story

First Things to Think About:

• Who is your audience? (advocacy/support group, classmates, potential employers, colleagues, general public, etcetera)

• What message(s) are you trying to communicate? This includes things such as: lessons learned from past experiences, your skills and talents, work experience, your interests, etcetera.

• Which story format would best suit the situation in which you are sharing your story? (presentation slideshow or digital story/video)

General Tips and Tricks

• If you are sharing your slideshow with a group, always preprogram your speech into your AAC device and/or record your narration in the slides themselves. This will help your story move at a steady pace and keep your audience’s attention from wandering while you type. You can also record your timings for slide changes if you have trouble switching them yourself.

• Play around with the voice, pronunciation and speech rate as necessary on your AAC device to ensure your narration is as easily understandable as possible.
  
  o Sometimes putting in extra commas will help the clarity, even if they’re in places not used in normal written work.

• Always use your AT/AAC devices in ways that feel most natural to you when telling your story. It’s about letting people see and appreciate YOU beyond your disability, not impressing them with “cool AT tricks.”

• In iMovie, the volume level, placement and length of each audio clip (music or narration) can be adjusted separately, as needed. When recording narration, leave a little space between your device and the computer microphone to prevent muffling and static.

• When appropriate, throwing in a bit of humor will help you connect with your audience. But, most importantly, always be yourself!
1. **What type of story do you want to create?** (written narrative, visual/video, presentation slides, script, portfolio, etc.)

2. **What or who is the subject of your story?**

3. **When, where, and how does your story begin?**

4. **What changed?** (new opportunities, trouble or misfortune, lessons learned, new discoveries/realizations)

5. **What’s happening now?**

6. **Name the three main influences on your story** (past experiences, beliefs, hobbies/passions, skills/talents, etc.)

7. **Who is your audience and what do you want them to take away from your story?**
<table>
<thead>
<tr>
<th>An incident that either brought your family together or pushed them apart</th>
</tr>
</thead>
<tbody>
<tr>
<td>A time you stepped WAY out of your comfort zone</td>
</tr>
<tr>
<td>When a stranger inspired you</td>
</tr>
<tr>
<td>A situation you wish you’d handled differently</td>
</tr>
<tr>
<td>You hit a rough patch with a loved one, colleague or partner = did you survive?</td>
</tr>
<tr>
<td>When you first came to Faith or felt God calling you to do something specific</td>
</tr>
<tr>
<td>A misunderstanding led to deeper understanding</td>
</tr>
<tr>
<td>You overcame fear in order to take action</td>
</tr>
<tr>
<td>A difficult decision that you are still proud of today</td>
</tr>
<tr>
<td>You had to make a fast change or mid-course correction = what led up to it and what did you do?</td>
</tr>
<tr>
<td>The first time you ever felt powerful</td>
</tr>
<tr>
<td>Your first leadership role</td>
</tr>
<tr>
<td>A time you needed help and it came</td>
</tr>
<tr>
<td>When you felt excluded = what was your reaction?</td>
</tr>
<tr>
<td>A time you saw God at work in your life in a significant way</td>
</tr>
<tr>
<td>You were misjudged or misjudged someone else = what happened?</td>
</tr>
<tr>
<td>Someone underestimated you or you underestimated yourself</td>
</tr>
<tr>
<td>You got broken in some way</td>
</tr>
<tr>
<td>A time you were able to meet a need with your gifts and talents</td>
</tr>
<tr>
<td>You failed big time . . . And learned from it!</td>
</tr>
<tr>
<td>A significant moment of inspiration or understanding in your life</td>
</tr>
<tr>
<td>The key obstacle to you becoming who you are today and how you overcame it</td>
</tr>
<tr>
<td>A mentor who has guided you, opened doors for you = what did they do and when they step in?</td>
</tr>
<tr>
<td>The moment you knew you were actually on the right path = what happened and how did it change you?</td>
</tr>
<tr>
<td>A moment when your body, your health, or your “extra abilities” (disability) taught you something important</td>
</tr>
</tbody>
</table>

Sparking Memories for Your Stories

A Brooke’s Butterfly Touch personal storytelling tool

(Partially adapted from the work of Liz Warren, The Storytelling Institute at South Mountain Community College: www.southmountaincc.edu/storytelling)

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How something came to be in your life:
How I was before:
  • This was your normal world. Who was there? Where were you? What were you doing? What was your state of mind? Why?

How I changed:
  • Could be trouble or misfortune came. Or it could be that you got opportunities to do something different. Or, you learned something over time that changed you and your understanding.
  • Describe that time and what you experienced and learned.

How I am now:
  • Your new normal world. How your life is now because of the changes brought by experience and learning.

What it means:
  • The action step or ask goes here. What are you doing now, or asking others to do now?

(Adapted from the work of Liz Warren, The Storytelling Institute, South Mountain Community College, www.southmountaincc.edu/storytelling)
Storytelling Avenues
Where can I tell my story to have the most social impact?

Political
Use your story to influence people in power.

TOWN HALLS & CITY COUNCIL MEETINGS

Town Hall Project:
Find upcoming town halls near you!
townhallproject.com

Phoenix Public & City Council Meetings:
List of dates – all open for public comment!
phoenix.gov/cityclerk/publicmeetings

REQUEST TO SPEAK (RTS)

Request to Speak Website:
Speak out on AZ legislature – and request to speak on the floor! apps.azleg.gov

Ability360 RTS Information Page:
Learn about RTS and how to sign up.
ability360.org/request-to-speak

CONTACT YOUR REP

Ability360 Legislative Resources:
Find your reps & learn tips for writing, calling, and meeting! ability360.org/advocacy-toolkit

How to Get Your Rep's Attention:
Advice from a former White House staffer.
storify.com/editoremilye/i-worked-for-congress-for-six-years

ADVOCACY LISTSERVS

Ability360 Empower! Advocacy:
Action alerts for the Valley disability community.
ability360.org/empower-advocacy

American Association for People with Disabilities:
National updates and alerts for the disability community. bit.ly/2v4ET6g

The best way to find political storytelling opportunities is through mailing lists – sign up with your representatives and organizations advocating for your cause!

Creative
Use storytelling to build empathy and give insight into the disability experience.

LivAbility Magazine:
Ability360's in-house magazine. Now accepting community contributions – pitch us your story today!
ability360.org/livability

Kaleidoscope Magazine:
Creatively focuses on the experience of disability through literature and art. All issues online!
udsakron.org/kaleidoscope.aspx

The Mighty:
Community stories about living with disabilities and chronic health challenges. themighty.com

Bellevue Literary Review:
Acclaimed literary magazine featuring fiction, nonfiction, and poetry about illness and disability. blr.med.nyu.edu

Wordgathering:
Online journal of disability poetry and literature. wordgathering.com/index.html
Community
Share your story in public to build community around disability.

The Arizona Storytellers Project:
Longest-running public storytelling event in the Valley; themed events once a month. Sign-ups required. storytellersproject.com/phoenix

The Moth – True Stories Told Live:
National storytelling group with some events held in Arizona. Pitch your story to air on their Radio Hour! themoth.org

Bar Flies – True Stories, and Drinks:
Monthly storytelling event at Valley Bar, with themed readings. Contact the Facebook group about speaking opportunities. facebook.com/BarFliesAZ

Chatterbox Storytelling:
Weekly storytelling open-mic at Fair Trade Café. No notes or preparation needed – just show up! chatterboxazstorytelling.com

Toastmasters:
Develop your storytelling and public speaking skills – multiple times and venues offered. $80 lifetime subscription; first meeting free. toastmasters.org/find-a-club

OTHER STORYTELLING PROJECTS & ORGS

The Whole Story: Elevating Black Narratives
facebook.com/TheWh0leSt0ry

The Storytelling Institute, South Mountain Community College:
southmountaincc.edu/storytelling

PHX Storytellers/The Storyline: Facebook group
facebook.com/groups/phxstorytellers

Spillers: Fiction Out Loud. spillers.net

Personal
Storytelling with friends and family creates a ripple effect.

Face-To-Face:
Stories have the greatest impact on those close to us. By sharing your story with friends and family, you can help shape the way they see disability in a deep and meaningful way.

This is also a great way to strengthen relationships and build your confidence as a storyteller!

Social Media:
Consider making a vlog (video blog) on YouTube, starting a blog on Wordpress (it’s free!), or sharing your story on Facebook or Twitter. Check out these links to see what’s possible:

5 Vloggers with Disabilities: bit.ly/2fghk51
14 Disability Hashtags: on.mash.to/2wtDSTj
Federation of Disabled Bloggers: bit.ly/2hxBw3h
Blogs by People with Disabilities: bit.ly/2fhyL5s
Your Story is in Your Hands!
Choose a prompt from the list and flesh out your story:

The Five Ps
- People
- Place
- Problem
- Progress
- Point

The Inverted World
- Describe the Normal World
- Trouble Comes
- The World Turns Upside Down
- Help Comes or Something is Learned
- A New Normal is Established

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