

HOW TO SHARE YOUR STORY AUTHENTICALLY

Authenticity is one of our core values at Heart On My Sleeve. In the case of sharing your personal journey, it means: are you being real with what you communicate and the way you go about it? Below are some useful guidelines to help you authenticate your experience.



When deciding to share your story, are you speaking your truth with the intention to empower yourself and others?

Share with an intent to help.

The main goal when sharing broadly is to deliver value to others by inspiring & educating. Wanting to be seen and understood is ok, but if there is a risk that your intention is to build a profile or boost your esteem, now might not be the right time for you to share.

Share YOUR truth.

Our interpretation of events may be different from other people, so when we share it's important to state things in first person as much as possible using "I" as a starting point – for example "I thought, I experienced, I believed, I perceived... etc".

Observe the tone.

Your story should ideally have an underlying tone of calm, strength and acceptance. While it may be delivered with passion, earnest emotion or even humour, any raw charge in it should be healed.

Have audience specific versions.

It's wise and discerning to consider the level of detail you share. Your close friends and your workplace may get slightly different versions and it's ok to set boundaries on what you share until you feel safe and comfortable with all parts.



ACTIVITY

1. Who will your story help?

2. Who is the story for at the moment (audience)?

3. How do you anticipate it evolving over time?