

THE *Art*  
OF TELLING YOUR  
*Story*  
*Experience*

**5 Types of**  
*Transformation Stories*  
**- Which Type is Yours?**

*Made for this.*

MichelleBarryFranco.com

## My commitment to crafting my story this week

Make notes about attending workshops and coaching, as well as when you will watch replays if necessary. MARK YOUR CALENDAR FOR SUNDAY'S CELEBRATION CALL! 🍷

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

## My story matters...

What is your most compelling reason for sharing your Story of Transformation?

## I'm afraid that...

What is getting in the way of sharing your story far and wide? Make notes so you can release the barriers.

# 5 Types of Story of Transformation

**Rock Bottom**

**Slow Realization**

**Wake Up Call**

**Little By Little**

**Call to Adventure**

**The type of transformation story that resonates most for me is:**

**Who is someone you most want to be impacted and served by hearing your story?**

**What is their biggest struggle/greatest desire?**

**What have they tried to solve the problem that hasn't worked?**

**What are they saying to themselves that they don't want anyone else to know or think no one else would understand?**

**What details of your story will resonate most powerfully for them?**

**What do you want them to know so they can feel hope and possibility in the midst of their struggle or big desire? (You can even write them a little letter here)**

**This is a great start to you revealing your most powerful story. We will build on this the rest of the week.**

***Join me at FREE coaching tomorrow and ask me any questions so you can go into the next phase with as much clarity as possible!***