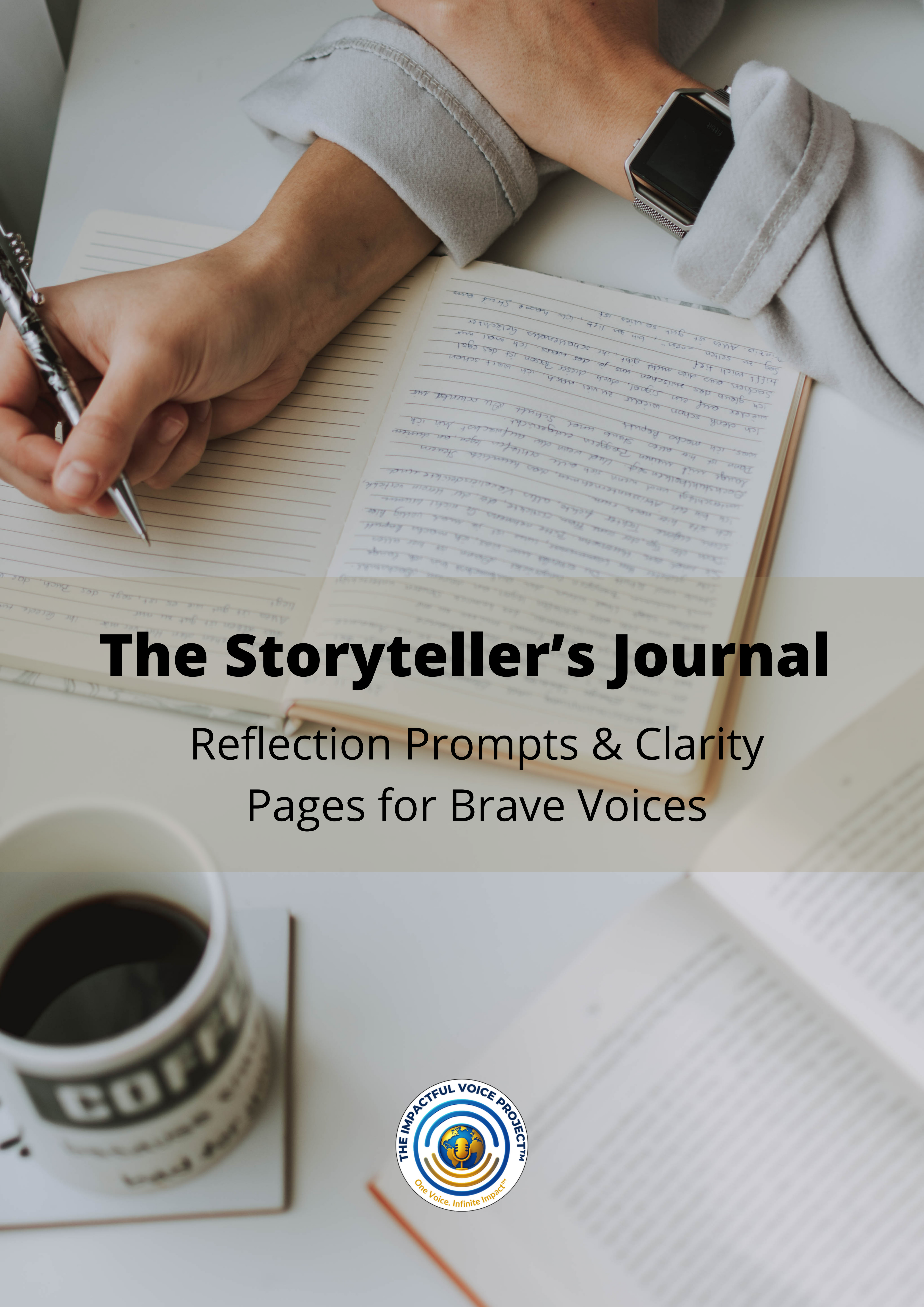




The Storyteller's Journal

Reflection Prompts & Clarity
Pages for Brave Voices



Dear Storyteller,

Your story matters — not because it's perfect, but because it's real.

This journal was created to help you uncover the meaning behind your experiences and to find your voice again, gently and with purpose.

There's no right way to tell your story, only your way. Take your time. Breathe. Let your words find you.

With warmth,
Rose Davidson
Founder, The Impactful Voice
Project™

How to Use This Journal



Start with reflection. Use the prompts to explore memories, emotions, and lessons.



Write freely. Grammar doesn't matter - honesty does.



Pause often. Step away when it feels heavy, and return when you're ready.



Find patterns. Notice what keeps showing up - that's where your story lives.



Close with clarity. The final pages will help you name your "why."

My Story Snapshot

Prompt sections:

The moments that shaped me:

What I've overcome:

My Story Snapshot

Prompt sections:

What I'm proud of:

What I'm still learning:

A phrase that sums up my journey so far:

Reflection Prompts – Part One

Exploring the Past

What experiences changed how I see the world?

What have I survived that others might learn from?

What emotions come up when I think of that time?

What helped me heal, even a little?

What do I wish I could tell my past self?

Reflection Prompts – Part Two

Finding Meaning

What did that experience teach me about strength?

How has it shaped the way I show up for others?

What truths have I discovered that I want to share?

What message would I want someone to take from my story?

Clarity Page – My Voice

If My Story Could Speak

Prompts

My story would say...

My story wants to help people who...

My story reminds the world that...

My story belongs because...

“Every story carries a seed of change. When shared, it grows into connection.” — Rose Davidson

My Story Themes

What’s Emerging

Prompt:
“What three words describe the energy of my story?”

☐	Courage	☐	Healing
☐	Faith	☐	Leadership
☐	Creativity	☐	Rebuilding
☐	Advocacy	☐	Connection
☐	Growth	☐	Other

The Ripple Effect

How My Story Can Help Others

Prompts:

Who might benefit from hearing my story?

What impact do I want to have?

What am I most ready to share publicly?

What boundaries do I want to keep private?

My Story Outline

Start Drafting

Sections:

Beginning (the moment before change)

Middle (the challenge or turning point)

End (the lesson, healing, or impact)

Closing reflection (what I'd say to others now)

Clarity Reflection

My “Why”

Prompts:

Why does my story matter to me?

Why might it matter to someone else?

How can I continue to use my voice for good?

What promise do I want to make to myself moving forward?

“You’ve already lived the hard part. Now let your story become light.” — Rose Davidson™

Notes and Ideas

Thank You & Next Steps

Thank You for Sharing Your Voice

You've done something extraordinary — you've made meaning from experience.

If you'd like to share your story publicly or connect with other storytellers, visit: [[The Impactful Voice Project™ – Share Your Story page](#)]

Join the movement where stories build bridges, not walls.

[Share My Story](#)