

# My Advocacy Origin Story Worksheet

Articulate why you do this work — and use it everywhere

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Every advocate has a story. The moment something happened — to you, to someone you love, to your community — that made you say "this has to change." That story is your most powerful advocacy tool.

**The moment or experience that connected me to this work**

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**The person or community I am ultimately doing this for**

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**The specific change I want to see in my lifetime**

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**What I want people to understand about this issue that they currently don't**

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## YOUR ORIGIN STORY IN 60 SECONDS

Combine your answers into a 3-4 sentence story you can tell in any room. Practice it until you don't need this paper.

**My 60-second advocacy origin story**

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*This story belongs in your testimony, in your legislator meetings, in your social media bio. It is the reason you are in the room — and people need to hear it.*

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