

TELL YOUR STORY

*Even if You're
Not a Writer*

A 9 STEP STORY PLAN
WITH PROMPTS

A simple, practical guide
to help you share your story
with confidence and purpose.



Daily Inspired Life

WHERE BETTER STORIES CREATE BEAUTIFUL LIVES

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You Have Been Living Your Story

You have lived moments in your life that changed you.

Sometimes in the smallest ways. A teacher who noticed you were good at something. A stranger who offered kindness when you needed it most. A walk in nature that left you seeing the world a little differently.

Then there are the bigger happenings in life like ...

Falling in love. Starting a career. Losing someone you care about. Moving to a new country. Following a dream. Finding your way through a difficult season. Discovering strengths you never knew you had.

In your own unique way, you have faced challenges, overcome obstacles, achieved things, and learned lessons that shaped your life.

You have been living your story.
And now, you're thinking about sharing it.

This guide has been created to help you discover a meaningful story from your life, and shape it into a narrative ready for submission to Daily Inspired Life.

Whether you choose to submit your story, share it with family and friends, or simply write it for yourself, I hope the process helps you see your own life with fresh eyes.

Take your time, follow the guide and should you choose to share, I look forward to hearing more of your story.

Warmly,
Karletta Marie, Founder
Daily Inspired Life.

Why Share Your Story?

You've got great reasons to share your story.

You may have been asked to share your story by a friend, family or organization. Perhaps you've had a unique experience you want to share with others. Some people want to preserve a memory before it fades. Some hope their story might help another person walking a similar path. Others simply feel there is something inside them that wants to be expressed.

One of the gifts of storytelling is that we often discover meaning while writing. Events that once felt disconnected begin to form a picture. We notice lessons, patterns, strengths, and moments of beauty that were difficult to see while we were living through them.

Stories also create connection. They remind us that behind every face is a human being carrying hopes, disappointments, questions, fears, dreams, and wisdom.

When we share a story thoughtfully, we contribute something valuable to the world. We remind others they are not alone.

Reflection:

Why do I want to share my story?

What experience keeps returning to me?

What part of my life feels ready to be explored?

When You Want to Share, But You're Hesitating ...

Almost everyone feels uncertain before sharing their story the first time.

Will anyone really be interested?

Am I a good enough writer?

What if English is not my first language?

What will people think?

Over the years I have worked with many contributors who felt exactly the same way.

The truth is that readers of Daily Inspired Life aren't looking for perfect writing. And they don't subscribe to judge your grammar or writing style. They are looking for stories that are inspiring and feel honest and genuine.

In fact, some of the most memorable stories shared on Daily Inspired Life come from ordinary moments that reveal something meaningful about being human. Even the quietest experiences can become powerful stories when told with honesty and heart.

We find that contributors who tell their story in their natural voice, including non-native-English speakers, often connect most deeply with readers.

Over and over again, we've seen contributors pleasantly surprised by the response they receive to their stories. Read what other contributors had to say about their experience of sharing their story [here](#).

Reflection:

If you're concerned about what people will think, try this:

Whose voice do you hear in your head?

Is what they're saying even true, or are you imagining an outcome that hasn't happened?

And are you willing to let that voice decide whether your story gets told or not?



“It was healing. I’d been thinking about writing about my experience for a long time, and when I finally shared it, I was able to get it off my chest.”

FAITH LYDIA
UGANDA



“I was worried about what my close family and friends would think, but I knew there were people who needed to hear my story.”

DR MANISHA RAYAVARAPU
USA

Finding the Story You Want to Tell

Have you decided on the story you most want to share?

Often people will have a few ideas of the story they'd like to share. Some try to fit several life lessons, experiences, and memories into a single story. Others think they need to write about their whole life for their story to be meaningful.

But here's the thing to note: The most powerful stories shared on Daily Inspired Life focus on *one meaningful experience* within a life.

You might begin by reflecting on:

- An event that changed the direction of your life
- Someone who helped shape who you became
- A challenge that taught you something important
- A dream you pursued
- An act of kindness you have never forgotten
- A moment of wonder, beauty, or connection

As you reflect, pay attention to the stories that carry emotion. The memories that still make you smile, laugh, cry, or pause are the ones worth exploring. Where do you feel excitement bubble in your stomach, wonder rise in your mind, or tears drop from your eyes? Take note - that's your story calling to be shared.

Reflection:

Take a quiet moment and think back over your life.

What experience still stirs emotion when you think about it?

Who are the people that immediately appear in your mind?

What moment do you find yourself telling others about, even years later.

A Simple Model for a Great Story

Many first-time writers try to tell everything. And that's understandable. You want to get everything that you've been holding inside, out onto the page.

But the most powerful stories are real and relatable stories told well. The best stories have the ability to connect emotionally with the reader. They focus on one meaningful experience and invite the reader into it.

Remember, you can always tell more than one story. Your journey of sharing starts with one...

Think about one moment rather than a lifetime.

What happened?

What changed?

Why does it matter today?

As you write, help the reader see what you saw, hear what you heard, understand what the experience meant to you.

A useful way to think about story is:

Life as it was. → Something happened. → Life was different afterwards.

Real life is more complex than that, but this simple structure provides a strong foundation for your story.

Reflection:

Think about the experience or moment you want to share.

Now answer each of these questions in a single sentence:

What were you and your life like before it happened?

What happened?

How were you and your life different afterwards?

9 Step Story Plan – With Prompts

How to Use the Plan & Prompts

The purpose of this plan with prompts is to help you remember, reflect, and reconnect with your own experiences. As you work through the questions, you'll begin gathering the raw material for your story.

The more real detail you capture now, the easier it becomes to shape your story later.

And don't be tempted to use AI to write your story. AI can be a useful tool for editing, proofreading, and organising ideas. However, when it comes to personal storytelling, there is no substitute for your own voice, memories, emotions, and lived experience.

Let the ideas flow out from your mind and onto the page. It is the unique details, observations, and reflections that make your story memorable. They are also the things no AI tool can truly recreate.

You don't need to answer every prompt equally. Some stories will have a strong mentor. For some stories the background context is more important than others. One story might centre around a single moment. Others span several years.

Use the prompts as a guide to help uncover your story. They are not rules that must be followed perfectly. They are just showing you the way.

You might not use all the material you write in your final 800-word story, but you'll be able to select the best parts to create a story that readers can genuinely connect with.

And above all else, remember you are the author of your story.

You get to tell what you want told, and how you tell it.



1. YOUR MESSAGE

What is the single most important message you want to convey in your story?

2. YOUR LIFE BEFORE

Describe a scene that shows us a picture of your life before the moment/event/incident?

What was your life like before the moment/event/incident?

What inner questions were you facing?

Was anyone (or entity) influencing your ideas, thoughts, beliefs or actions? How so?

Did you have any unresolved issues or challenges?

What background details are needed for us to understand your story?

3. THE MOMENT/EVENT/INCIDENT

What happened that caused a change in your life?

Describe a specific scene ...

What could you see, hear, touch, smell & taste?

What were you feeling?

Where are you?

What were you feeling?

Who else was involved?

What was at stake here?

How did it come about?

4. YOUR RESPONSE

How did you respond?

Did you have any apprehension or hesitation? How so?

What fears or thoughts went through your mind?

Did you experience any inner conflict?

What did you say to yourself?

Was something stopping you from moving forward?

Describe a scene that represents your response to the situation - give the detail, use your senses.

Imagine this scene in a movie.

5. SUPPORT & GUIDANCE

Did anyone or anything give you support to help you in your journey?

How did this help you?

Where did the support lead you?

6. YOUR JOURNEY

What happened along the way?

What tests/challenges did you have to overcome to reach your end goal?

How did you overcome those tests and challenges?

Did you have any opposition?

What helped you through?

What major decisions did you have to make to continue?

Did you have to sacrifice anything?

What ordeals did you have to face? How did you feel about that?

Were you given any special opportunities?

Were there times you felt like giving up?

Did you conquer fears along the way?

What happened to you?

7. THE CLIMAX

Describe the reward or goal achieved.

The turning point in your life – what is it that changed?

Did you celebrate? How did you celebrate?

Write a scene that brings us into the moment with you.

8. THE CHANGED YOU

How have you changed?

What does your changed life look like - your inner and outer worlds.

How do you act now?

How do you think?

Have you been moved to do something?

How does this contrast with your life before the moment/event/incident?

9. SHARING YOUR WISDOM

Do you have any closing words of wisdom?

Are there any lessons, insights, or points for reflection you would like to leave with the reader?

Is there a quote that sums up the message of your story?

At the end of your story, what do you hope people will think about?

What do you hope they will take away from your experience?

Finding The Heart Of Your Story

Congratulations. You've done the hard part.

You now have all the raw material you'll need for your first draft.

And even though your story may feel a little messy. That's normal.

You might have repeated yourself where some of your answers overlapped. You may have included too much background or written more than you can use in an 800-word story.

Now you go treasure hunting through your story. Look for the strongest parts. The gems in your story. Most stories contain one or two moments that carry a little more energy than the rest. It might be a conversation, a decision, a discovery, a challenge, or a turning point.

As you read, ask yourself:

- Which scene stands out most vividly?
- Which moment carries the strongest emotion?
- Which part of the story stays with me?

Place a star beside that section.

That moment may be the heart of your story.

It could likely be your opening - where your story begins.

The Next Step

Notice where the rest of the story feels most alive. Keep the scenes, details and reflections that help the reader understand what happened and why it mattered.

Look for places where you can **show** the reader what happened, rather than simply **telling** them about it. Reorder sections to create the flow of your story. Add real life dialogue between the characters in your story. Remove anything that pulls the story too far away from the main experience. Use an AI tool to check on your punctuation, grammar etc. without changing your story or stripping out your voice or changing words you've used.

Here's some examples to review. Five very different stories that were published on Daily Inspired Life using this approach:

Example 1: A Family Crisis

[A Mother's Story of Hope After Her Son's Traumatic Brain Injury](#)

When a mother's world changed with a single phone call, she discovered the strength of family, community, determination and hope.

Example 2: An Unexpected Act of Kindness

[The Stranger Who Became My Border Angel](#)

Stranded at a border with nothing but the clothes on his back, a young man received help from a complete stranger that changed the course of his life.

Example 3: A Moment of Beauty in Nature

[The Peach Blossoms That Helped Me Let Go of Overwhelm](#)

A simple stop by the side of the road became a reminder of the power of joy, presence and perspective during a busy season of life.

Example 4: Finding Purpose Through Creativity

[Transforming Trauma Into Art in a Refugee Settlement](#)

A musician and artist living in a refugee settlement found hope beside a lake and went on to inspire young people through art and music.

Example 5: Discovering Your Calling

[The Teacher Who Helped Me See My Future](#)

A young woman struggling with confidence and bullying discovered a new vision for her life after a conversation with a teacher who believed in her potential.

Notice how different these stories are. Some began with a major life challenge. Others grew from a conversation, an act of kindness, or a simple moment of beauty.

What they all have in common is that something meaningful happened, something changed, and the storyteller discovered wisdom worth sharing.

Want More Support?

If you would like additional help to finish your story, both the [Share Your Story Workshop](#) and the [Share Your Story Private Intensive](#) are designed to support you.

In the workshop, you'll learn how to shape your answers into a story alongside other participants. In the private intensive, we'll work together one-on-one to uncover, strengthen and refine a meaningful story from your life.



“

When you write,
you have to show
the reader your story.
The suggestions
I received helped
me bring my story
to life. ”

JENNIEVI G. DUNQUE
PHILIPPINES



“

As I told my story, my
mind went back to the
obstacles I had overcome.
It reminded me how far
I'd come and gave me
strength to keep
moving forward. ”

KAIN ROOMES
UNITED KINGDOM

The Ripple Effect of Sharing Your Story

Every contributor's experience is different.

Some tell us they felt seen and heard for the first time. Others describe a sense of release after finally putting an experience into words.

Many gain confidence. Some discover new meaning in old experiences. Others reconnect with parts of themselves they had forgotten.

Yet many contributors tell us that the greatest surprise was not how others responded. It was what they discovered about themselves through the process of writing.

By taking time to reflect, remember, and shape a meaningful experience, they often come away with a deeper understanding of their own journey.

Of course, the ripple doesn't always stop there.

Some contributors have gone on to have their stories published in anthologies. Others have been invited onto podcasts, asked to speak at events, received support for their projects, raised funds for charities and communities, or formed meaningful connections as a result of sharing their story.

One of the beautiful things about sharing a story is that we rarely know where the ripple will travel.

A story written in one country can encourage someone in another. A lesson learned years ago can help a person facing a challenge today. A personal experience can spark a conversation, offer hope, or remind someone they are not alone.

If you'd like to hear directly from contributors about their experience of sharing their story, you can [explore their interviews here](#).

Your Story Becomes Part of Something Bigger

There has never been another person with your exact experiences, perspective, memories, and lessons, and there never will be again. The chances of you being born are one in 400 trillion. So that makes you and your story pretty special in its own unique way.

When you share your story, you contribute something unique to the wider human story.

Without your voice, the collective story of humanity remains incomplete... like a beautiful tapestry with a missing thread, a movie with a missing actor, a book with a missing chapter.

As people from around the globe read and share your story, you add another thread to our global collective story...

You strengthen the connection between cultures, communities and different ways of living. You help thicken a preferred narrative about humanity.

Empathy grows. Differences are embraced, similarities acknowledged. We learn from one another. We find a way to accept each other. We don't feel so alone as we become part of a more loving and connected world.

Your Next Steps

- If your story is ready:
→ [Submit your story to Daily Inspired Life.](#)
- If you would like guidance:
→ [Join a Share Your Story Workshop.](#)
- If you would like personal support:
→ [Apply for a Story Private Intensive.](#)
- If you would like inspiration:
→ [Explore experiences of other storytellers.](#)

Begin With One Moment

You do not need to have your whole life figured out before you begin.

Most powerful stories start with one moment.

A challenge.

A decision.

An act of kindness.

A loss.

A dream.

A conversation.

A turning point.

Just pick up your pen or your device and start writing:

Something that changed my life, in a small or big way, was the time...

And then see where your story leads you.

Warmly,

Karletta Marie

Founder, Daily Inspired Life

Where Better Stories Create Beautiful Lives

About Daily Inspired Life

Where Better Stories Create Beautiful Lives

Daily Inspired Life is a global community where we come together through real-life stories to shape how we live.

A place where you're seen, and your story matters.

We believe that every person carries experiences worth exploring and stories that can shape not only their own lives, but the lives of others.

Some of our storytellers are published authors. Many are sharing a story publicly for the very first time.

Through real-life stories, narrative reflections, and community, we come together to better understand our past, live better in the present, and author the next chapter of our lives.

Alongside our stories, we host Story Circles, workshops, and community experiences designed to help people explore the stories they have lived, the stories they tell themselves, and the stories they want to live next.

Whether you choose to share your own story or simply enjoy the stories of others, you are warmly welcome here.

→ [Join the Daily Inspired Life Community](#)

→ [Explore Real-life Stories](#)

→ [Join a Story Circle](#)



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