



# Own Your Story

A free reflection guide from Glow Up, Gyrl

**Glow Up,**  
GYRL

# Part 1: Your Story So Far

*Uncover the raw material*

1. Think about a moment in your life that changed the direction you were heading. What happened, and who did it make you become?

---

---

---

---

2. What is a challenge you have moved through that you rarely talk about, but quietly know made you stronger?

---

---

---

---

3. How would the woman you are today describe the woman you used to be? What would she want her to know?

---

---

---

---

4. What do people consistently come to you for, even when you have not positioned yourself as an expert in it?

---

---

---

---

Your story has power. Keep sharing it. | [glowupgyrl.com](http://glowupgyrl.com)

# Part 2: Your Story Right Now

*Find the clarity and the gap*

5. How do you currently introduce yourself, and does it actually feel like you? What is missing from that description?

---

---

---

---

6. When you think about sharing your story publicly, what holds you back? What are you afraid people will think, miss, or misunderstand?

---

---

---

---

7. Is there a version of your story you have been telling out of habit that no longer fits who you are?

---

---

---

---

# Part 3: Your Story Potential

*Step into what is possible*

8. What do you want people to feel after they hear your story?

---

---

---

---

9. When your story is clear, confident, and fully yours, where is the first place you would share it? A podcast? A stage? Your website? A room full of people who need to hear it?

---

---

---

---