

Sharing Your Stories

Public Narrative Training for the Ontario NDP
Worksheet Package



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www.brainchange.ca/ontariondp

Exercise: Values



This is a list of values. It isn't extensive. Add your own if you'd like!

Step 1: Browse the list, underline the values that stand out to you (3m)

Step 2: Revisit your underlines and put a star beside the most important (2m)

Step 3: Share your stars with a partner. Why are these important to you? (3m)

Step 4: Circle similar values. Reflect on similar values. (2m)

| | | | | | | |
|-----------------|------------------|---------------|----------------|-----------------|-----------------|----------------|
| Achievement | Conscious | Ethics | Impact | Peace | Resolve | Sustainability |
| Adaptability | Control | Excellence | Independence | People | Respect | Teaching |
| Adventure | Conviction | Excitement | Individuality | Perfection | Responsibility | Teamwork |
| Affection | Cooperation | Expertise | Innovation | Performance | Responsiveness | Thoughtfulness |
| Aggressiveness | Correctness | Extraversion | Inquiry | Perseverance | Results | Timeliness |
| Agility | Courage | Exuberance | Insight | Persistence | Rigor | Togetherness |
| Altruism | Courtesy | Faith | Intelligence | Personality | Risk | Tolerance |
| Approachability | Creation | Family | Intensity | Persuasion | Sacrifice | Toughness |
| Assertiveness | Cunning | Fashion | Intuition | Planning | Safety | Tradition |
| Attentiveness | Customer Service | Ferociousness | Irreverence | Play | Satisfaction | Training |
| Availability | Decency | Fierceness | Joy | Politeness | Security | Tranquility |
| Awareness | Dedication | Fitness | Justice | Popularity | Self Awareness | Transparency |
| Balance | Democracy | Flexibility | Kindness | Positiveness | Self Control | Trust |
| Beauty | Dependability | Focus | Knowledge | Power | Self Direction | Truth |
| Belief | Determination | Forgiveness | Leadership | Precision | Self Reliance | Understanding |
| Belonging | Devotion | Freedom | Learning | Preparation | Selflessness | Uniqueness |
| Benevolence | Difference | Fun | Logic | Pride | Sensitivity | Unity |
| Bravery | Dignity | Generosity | Love | Privacy | Serenity | Universal |
| Brilliance | Discovery | Genuine | Loyalty | Popularity | Service | Utility |
| Calmness | Down-To-Earth | Global | Meaningfulness | Productivity | Sharing | Valiant |
| Candor | Dreaming | Goodness | Meekness | Professionalism | Significance | Valor |
| Care | Eagerness | Gratitude | Merit | Profit | Silence | Value |
| Change | Economy | Greatness | Moderation | Prosperity | Silliness | Variety |
| Charity | Education | Happiness | Modesty | Purity | Sincerity | Victory |
| Clarity | Effectiveness | Hard Work | Mystery | Quality | Skill | Vigor |
| Chastity | Efficiency | Health | Nobility | Reality | Smarts | Virtue |
| Citizenship | Elegance | Heroism | Obedience | Reason | Social Justice | Vision |
| Cleanliness | Empowerment | History | Objectiveness | Recognition | Solitude | Vitality |
| Cleverness | Encouragement | Honesty | Openness | Recreation | Speed | Wealth |
| Competency | Endurance | Honor | Opportunity | Reflection | Spirituality | Welcoming |
| Competition | Energy | Hope | Optimism | Relationships | Stability | Winning |
| Confidence | Entertainment | Hospitality | Order | Relaxation | Standardization | Wisdom |
| Confidentiality | Entrepreneurship | Humility | Originality | Reliability | Strength | Wonder |
| Conformity | Environment | Humour | Partnership | Reputation | Structure | Work |
| Connection | Equity | Imagination | Patriotism | Resilience | Success | Youth |

Exercise: Core Values



Reflect on the most important values you identified in the previous exercise. Thing really hard about why they are important to you. Think about what the world looks like living these values. What is different? Why does it matter?

Value:

Why is this important to you?

What does a world true to this value look like to you?

Value:

Why is this important to you?

What does a world true to this value look like to you?

Value:

Why is this important to you?

What does a world true to this value look like to you?

Public Narrative



There are three components to effective storytelling for building change:

The story of SELF

Why are you motivated to make a difference? What are the moments in your life that shaped who you are? Why do you care?

The story of US

Why should we care? Why is this important to anyone other than you? What values and emotions are you trying to share?

The story of NOW

What do you need done? Why are you asking this now? What specific things do you want us to do? What happens if we act?

The Story of Self

| | |
|---|--------------------------|
| <p>We know you want to change the world, we know you see a problem. Tell us about a moment in your past when you faced a challenge. Consider:</p> <p>What was the problem? Who put those barriers in place? Who is responsible?</p> | <p>Challenge:</p> |
| <p>Knowing you had this challenge, consider:</p> <p>Why didn't you turn away? Why did you choose to act? Why was this so important to you? What did you lose? What did you gain?</p> | <p>Choice:</p> |
| <p>Looking back, the result isn't always good, it's sometimes mixed, sometimes bad. That's okay. Consider:</p> <p>How did everything turn out? How did your action have an effect? What changed? What didn't? What do you wish you knew now?</p> | <p>Outcome:</p> |

The Story of Us



When we prepare and share public narratives, the act of sharing the story is an invitation in of itself to others to find commonality and share. We share stories because that is how people connect. Think about the values you want to share and communicate. Then think of the ways we use emotions and feelings to connect to others; what do we want people to feel? Consider some of the following questions.

What are the values in your story you want to really focus on?

What emotions do you feel thinking about this story?

What feelings do you want people that hear your story to feel?

Self-Reflect

We contain multitudes and many stories. Many of these are painful moments in our past, present, and future. We carry emotions and feelings. These are opportunities to share with others if we choose to do so and people will see themselves reflected when we share. But take some time to be gracious with yourself.

How do you feel sharing this story?

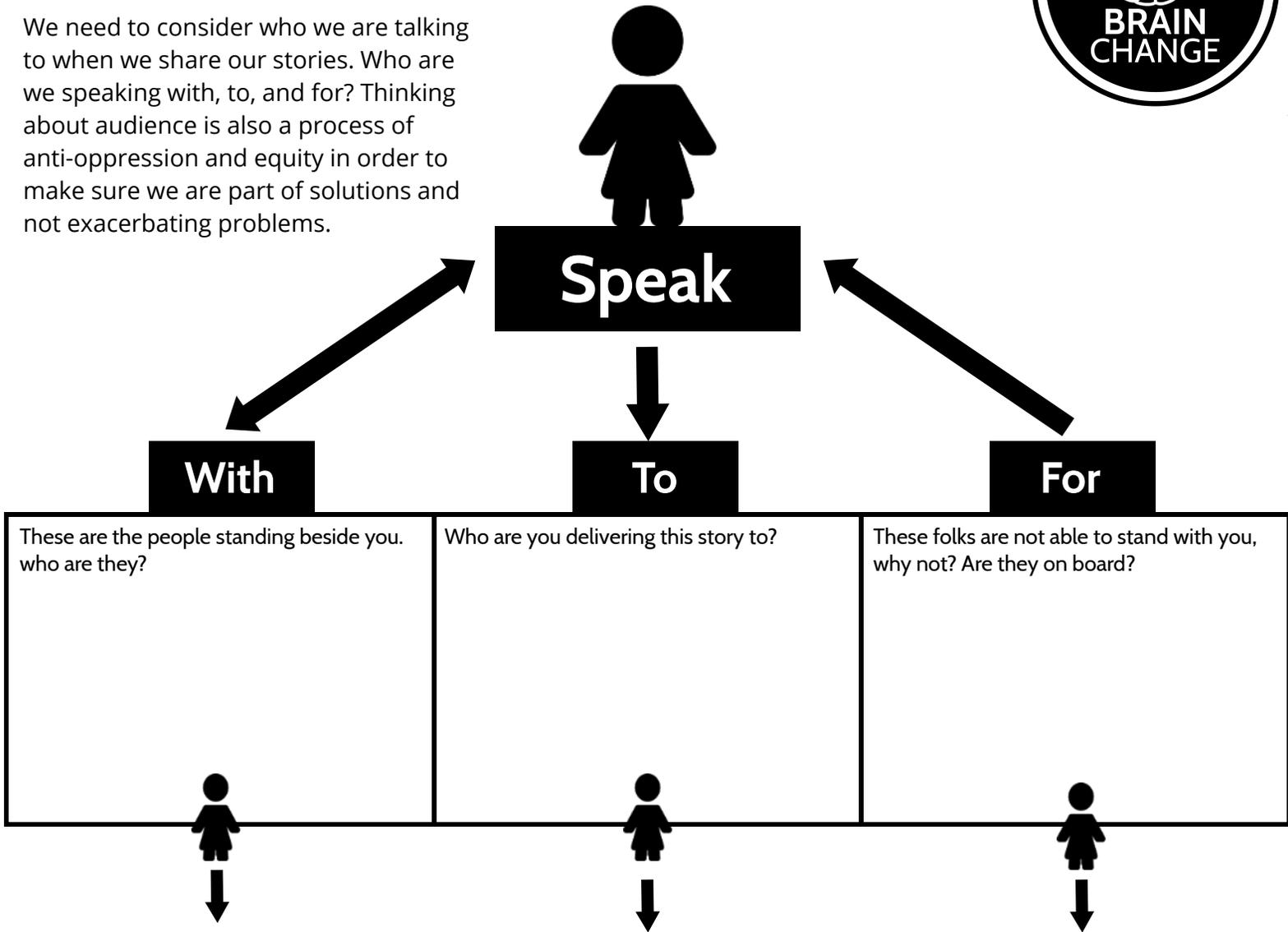
What are some of your fears or worries about sharing this story?

Do you feel comfortable and ready to share this story now? What would you need to feel more comfortable?

Audience



We need to consider who we are talking to when we share our stories. Who are we speaking with, to, and for? Thinking about audience is also a process of anti-oppression and equity in order to make sure we are part of solutions and not exacerbating problems.



| | | | | |
|---------------------|-------------------|--|--|--|
| Demographics | Age | | | |
| | Gender | | | |
| | Income | | | |
| | Education Level | | | |
| | Culture | | | |
| | Religion | | | |
| | Political Leaning | | | |

The Story of Now



Public narrative isn't just about sharing stories, it's about using stories to call people to action and to drive change. The story of now is the thoughtful use of clear actions that you are asking folks to take and using your story to drive home why that action needs to take place right now. We've established who you are and who you are speaking to. Now it's time to create actions to get this work done.

Why now? What is going on in the larger world that makes this important **RIGHT NOW**?

What are the risks if we don't act?

What are the benefits if we do act?

ACTIONS!

List some possible actions you think will help get us to your "goals". No action is too small. Be specific. Be bold. Be direct. You have to ask people to do specific and detailed actions in order to bring about the change you want.

Public Narrative



Put it all together! The Story of Self, Us, Now. Which can also be thought of the story of who I am, how we are similar, and what we can do together!

SELF

US

NOW

Challenge
Choice
Outcome

Values
Stories
Emotions

Action
Leadership
Motivation
