



# Empower : Who Are You?

In order to grow as an organization, you need to move people from the sidelines to the frontline. You need to inspire people to use their voice, especially patients! Be the cheerleader you were always meant to be. Share this worksheet with those living with the disease, loved ones or caregivers to help them find their voices and perspectives and make sure they are heard to make progress.

1. Hear ye, hear ye. Gather your team of those most impacted by the disease! Message all of them -- and we mean all of them. Not just the outspoken ones -- the quiet ones, too. And have them fill out this worksheet. Don't forget to fill it out yourself.

Don't sugarcoat your story. The realities of the disease and how it has impacted your life are important facts for folks to hear. You can do this - you are a rock star who is stepping up and changing the world and the reality of people impacted by this disease.

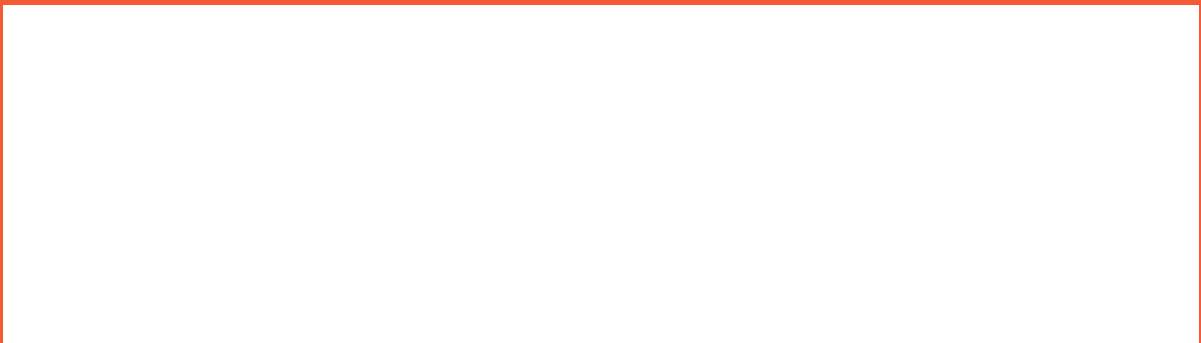
2. What was your life before the disease entered your life? What did you accomplish? What were you proud of? These things are not behind you. They are part of what makes you amazing. We want to know about it. We want the world to know about it!



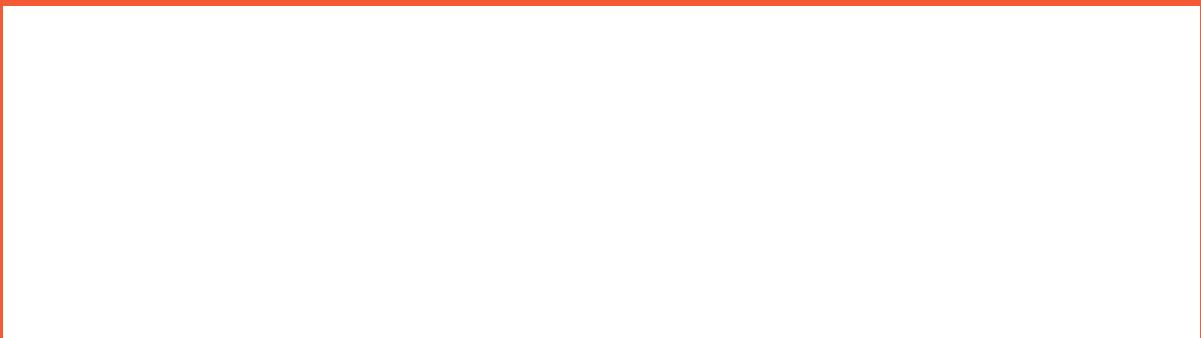
3. When did you get your diagnosis? What was happening in your life? How did you react? Don't be afraid of being honest in your answer. Vulnerability and authenticity are powerful. They can help others feel not so alone in their struggles -- and inspire them to join the movement.



4. What obstacles have you faced since your diagnosis? How did you face and overcome those obstacles? Or are you still dealing with them? Just a reminder: You are strong and resilient, and you inspire us. Like the last prompt, be honest!



5. What motivated you to join a movement of people trying to better the world for people with this disease? How do you want to create change? What do you want to change? You are stepping up and changing the world! That is incredible. Tell the world why you decided to do it!



6. What in your life is amazing right now? What is exciting you? What, if anything, gives you hope? Celebrate good times with us!



Phew. That was a lot of writing! But it's worth it. Getting the story of your life, the impact of your disease, and what you and other patients desperately deserve - is an essential step to being a rockstar advocate.

Now is the time to learn about each other. Share these worksheets with your team! Stories are what bring us together. The more you know about each other, the more effective you'll be as a movement.