

Story Mapping (My Prevention Journey)

Create a Story Map of your prevention journey that highlights key events and influential people, follow these steps:

1. Identify the Start of Your Prevention Journey

- Reflect on when your prevention journey started - it may or may not have been a job.
- This could be a specific date, year, or even a period in your life (e.g., during college, in your first job).

2. List Defining Moment or Pivotal Events

- Think of moments that significantly impacted your course of prevention
- These can include:
 - DARE in 5th grade.
 - RA in your college dorm.
 - Volunteered for Health Fair.
 - Became health conscious to diet and started working out to prevent diabetes.
- Place these events in your timeline in chronological order.

3. Identify Influential People

- Consider mentors, coaches, colleagues, or leaders who influenced your journey.
- Position their influence on the timeline alongside relevant events.

4. Challenges and Turning Points

- Lost job or changed careers
- Need a job and this one sounded interesting
- Got into recovery/knew someone who did
- Had a child or heard about how a child was impacted but substance misuse

Example:

- 2005: Began my career and my first job was not what I wanted.
- 2008: Asked someone I admired to be my job coach/mentor [Mentor's Name].
- 2010: Worked in prevention but discovered I love family interventions.
- 2015: Attended leadership development program; met [Influential Leader's Name].
- 2020: Took on curriculum writing role.

By following these steps, you'll create a clear and insightful timeline that illustrates the key moments and influences in your prevention story.



Continue your story mapping on the next page



Consider...

Skills you have developed

Art or creative abilities (hidden talents)

Topics of interest from a conference

Projects you have been a part of, led, or volunteered for

Maybe it wasn't called prevention - but to you it was

Be Aware...

Stuck Points!

Mental Blocks: Limiting beliefs or mindsets that prevent progress.

Emotional Barriers: Unresolved emotions or fears that hold storytellers back.

Behavioral Patterns: Repetitive actions or habits that inhibit growth.

Random thoughts to remember:

Story Mapping

