

Reflection (For Storytellers)

Reflection

After working through this process, and perhaps after this story is shared, take some time to reflect on what this experience has been like for you. Reflection is an important practice, especially when you have engaged in a very vulnerable activity like sharing your story.

What was it like for you to share this story?

How do you hope others will receive or respond to it?

Are there ways you'd like to stay involved in storytelling, advocacy, or Colorado's food justice movement?