

## YOUR STORY IN 30 SECONDS

*ME Action • Pre-Workshop Assignment*

Please complete the information below and keep in next to you for the workshop on May 7<sup>th</sup>. During our workshop, you will be asked to develop your story about to share for #MillionsMissing.

**So, here's your assignment:** please think of your aspirations and what matters to you in your life (i.e. your love for your pets, your hobbies, what you're proud of about your family or your work). What are the moments of inspiration and dream fulfillment in your life? Use the boxes name 3. Each idea should be no more than a sentence or two.

### GOAL OR WHAT MATTERS TO YOU #1

### GOAL OR WHAT MATTERS TO YOU #2

### GOAL OR WHAT MATTERS TO YOU #3

Now, what change (i.e. change in health care, information, narrative, legislation or behavior etc.) in the system would support or has supported you in your life and your aspirations?

### WHAT DO YOU WANT THE GOVERNMENT TO DO FOR PEOPLE WITH ME OR LONG COVID?

### WHAT HAVE YOU HAD TO MISS BECAUSE OF HAVING ME OR LONG COVID?

### WHAT IS MISSING FROM THE WORLD'S VIEW OF ME? WHAT DO YOU PEOPLE NEED TO KNOW?

Giving this some thought will help you get the most out of our time together on May 7<sup>th</sup>.