5 Focus Areas for Uncovering Your Backstory

Everyone has something important to say, and everyone has a story that is powerful and unique. Knowing it helps keep you from trying to convince anyone of who you are. Jot down short answers as they come up to highlight the significant focus areas of your backstory.

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1. Where were you raised? Describe the traits, geography, or history of your hometown. How did it influence you?

2. How many siblings do you have, and where do you fall in the birth order? What was that like? What did you learn?

3. What were the talents or career choices of your parents? What did they want for you? How are you like or unlike them?

4. Name a role model who has a positive influence on you. Teachers, Siblings, coaches, friends, and relatives can have a significant impact on our leadership philosophy. What did you learn from this individual?

5. What were your early studies and activities – subjects, sports, or hobbies – in or outside of school? What about them did you love? What were the wins, losses, or disappointments?