Your Healing Story – Transforming Pain into Purpose – 14 Questions

*I invite you to share your story in a way that is honest, inspiring, and real.*

1. Who are you and what inspires you today?
2. Please tell me a favorite story about your childhood? What positive life principle did you learn from your parents/caregivers - that still informs your life today?
3. Was there anything in your past that caused you pain, struggle or hardship? Share briefly if you feel comfortable.
4. If relevant describe a difficult event or circumstance in your childhood, teen or adult years that caused you to "act-out" or "act-in" in a detrimental way. How has your emotional pain been a wake-up call for growth?
5. What is the main thing that you have needed to heal in your lifetime?
6. What is your greatest strength as a result of that healing?
7. What is your favorite creative healing modality? What makes you feel alive, passionate and whole?
8. Please describe the details of your creative process and how it has evolved.
9. Describe yourself as whole and healed. Who are you in your essence?
10. If the major healing theme of your life had a book or a movie title what would it be called?
11. How has your past pain informed your life purpose? How do you specifically want to contribute to life?
12. What strength-based inspirational advice would you give someone who has similar challenges?
13. What famous inspirational quote sums up your life journey?
14. Create your own quote to inspire others on their life journey.

Thank-you for answering these questions!

Please send me the following information so that I can promote your story and people who are inspired can connect with you:

1. Your website address, FB Page, blog or your email address.
2. Your profile picture and a short bio. 3-5 sentences.
3. Include a jpg example(s) of your creative work that is eye catching, detailed and bright so that people will click on your article on FB. If you do not have a personal piece of art, please select a piece of art from the internet that depicts your essence, mission, purpose, ect. and include proper credit to the artist.

Please email this completed document and jpgs. of your profile pic and art to me at shelley@expressiveartworkshops.com