

+ME PROJECT

Your Story Matters:
Building Confidence & Connections

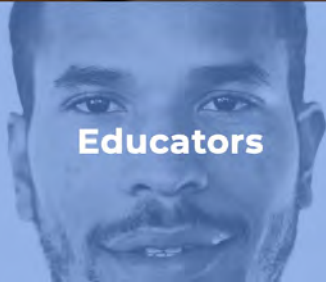
w/ Richard Reyes



@theplusmeproject

PLUS ME activates the art of personal storytelling to build confidence in youth as they pursue their college, career, and life goals.

Since 2013, we've impacted over *150,000* students from over *450* schools.



Educators



Students



Parents

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Why stories?

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- They connect us
- They remind us we are not alone
- They motivate and inspire us
- They help us learn about others
- They make us feel
- They help us show vulnerability

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Richard's Story

+ME

Your Story
Matters

+ME

What makes
up your story?

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Characters

Settings

Events

Lessons

+ME

Characters

+ME

Who helped raise you?
Who else is in your family?
Who is your role model?

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Share

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Settings



Where were you born?

Where is your family from?

Where do you spend your free time?

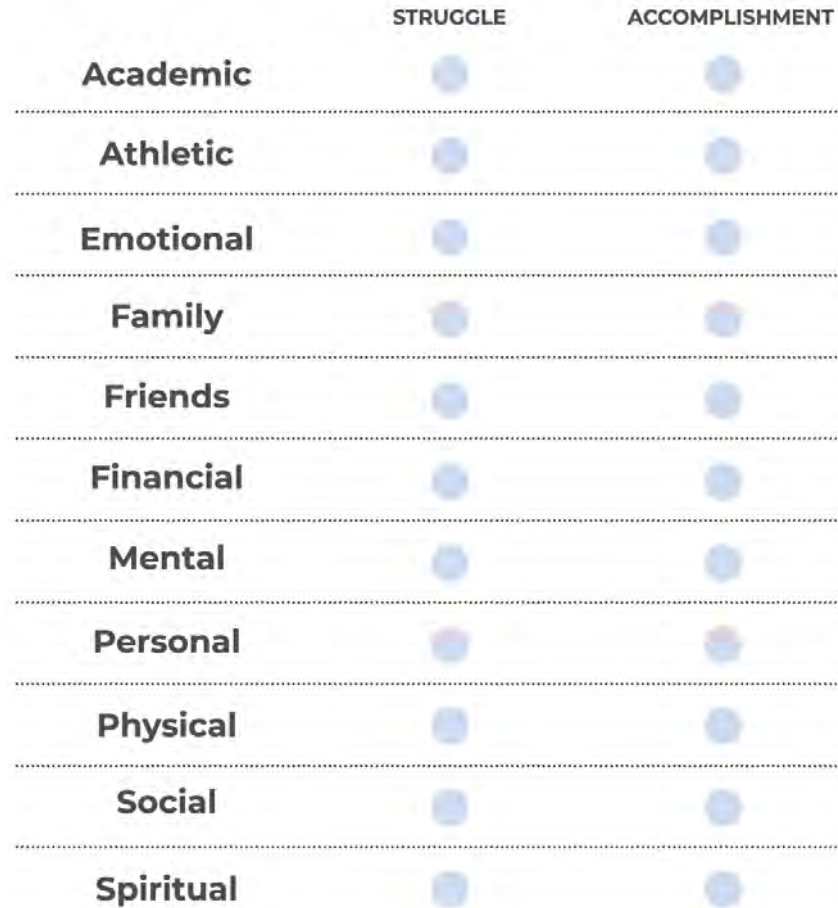
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Share

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Struggles & Accomplishments

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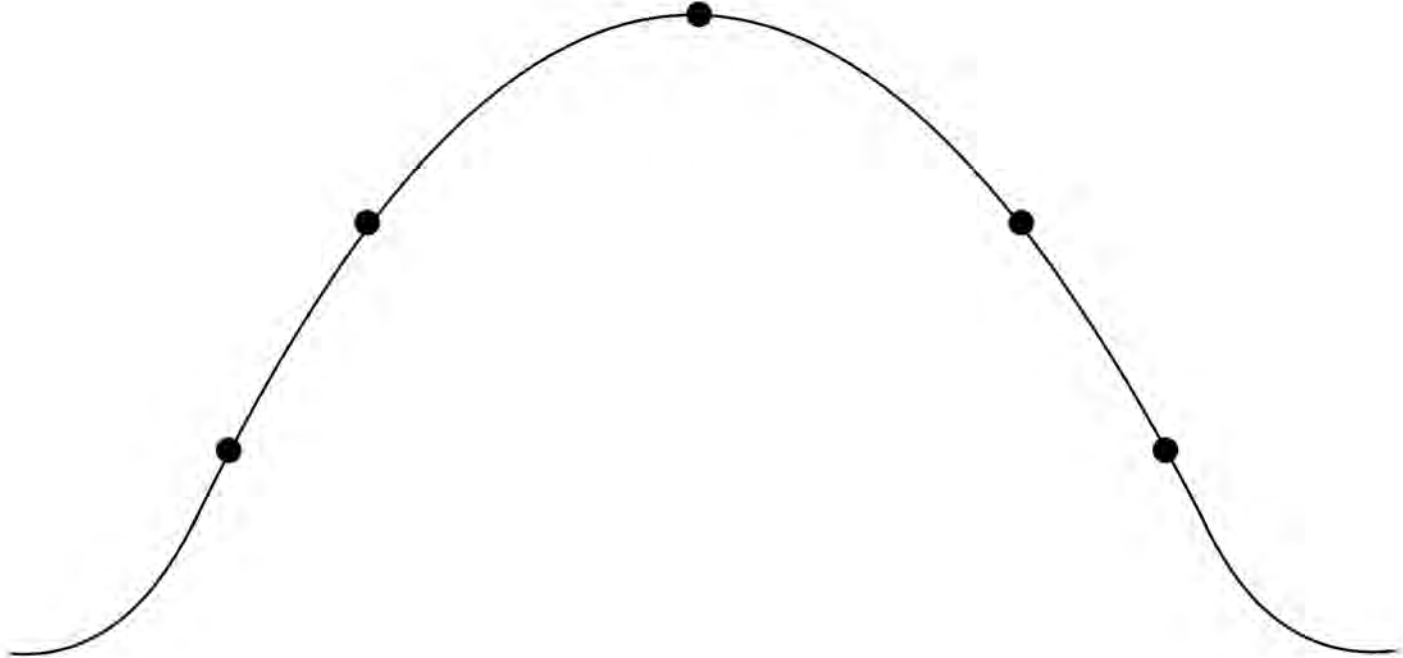
Share

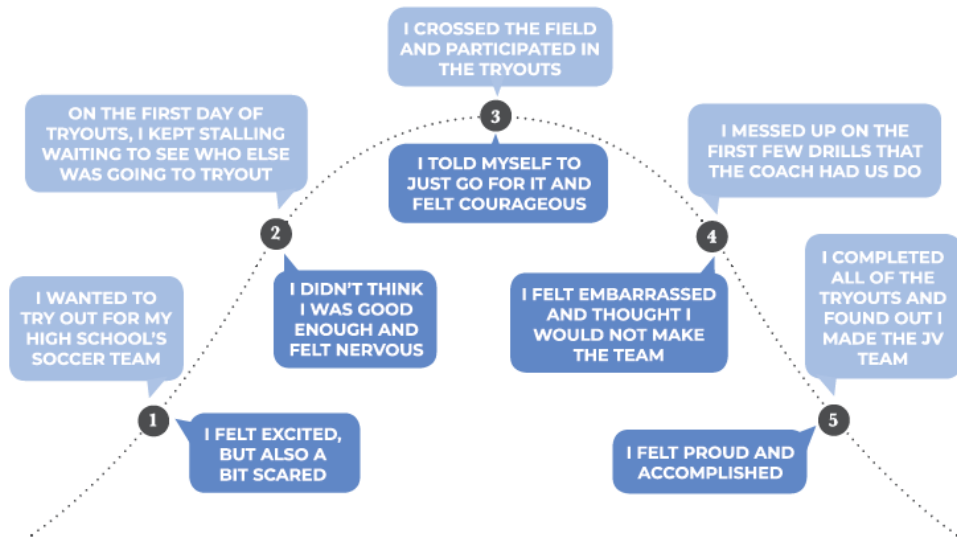
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What makes
stories
powerful?

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Story Mountains





● CHARACTERS AND EVENTS

● THOUGHTS AND FEELINGS

TURN IT INTO YOUR STORY



In 10th grade, I remember I wanted to try out for the boys soccer team at my high school. I was not involved in any sports or extracurricular activities at my school, so I was very nervous for this new experience. On the first day of tryouts, I paced back and forth along the fence watching the other guys who were going to try out. I felt nervous, but chose to take a deep breath and just go for it. During the first few drills I was one of the slowest runners and could not kick the ball straight. I was embarrassed and didn't think I would make the team, but I found out that I did. This was an important moment for me because I was outside of my comfort zone and proved to myself that I could accomplish something if I tried and did my best.

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Lessons

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What is 1 lesson you want
to share with others?

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Share



Additional Activities

Memories p. 44

Small Moments p. 54

Timeline p. 72

Story Graphic p. 74

Draw Your Future p. 80

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Informational Survey



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Stay Connected



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