A Mother-Daughter Story-Sharing Project

IN HIS HANDS: *Diaries of Hope*

Story Guide & Worksheet

Adelle and Michaela Connors created this mother-daughter project to gather stories of ***faith, courage, healing, hope***, and ***humanity*** from every side of the cancer journey. This project is about real stories from real people — patients, survivors, supporters, healers, and others whose lives have been touched by cancer.

This guide is only a starting point.

There is not one right way to tell your story. Use these pages to spark ideas, reflect, and begin writing in your own voice.

For many people, faith is a meaningful part of the journey. For others, it may not be. All stories are welcome, and we want each contributor to share honestly in their own way.

What's Inside

- Overview of the process
- Writing tips and story options
- Guided worksheet pages to help you begin

Your story matters.

Your words may become the hope someone else needs.

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Story Guide & Worksheet

How the Story Process Works

This worksheet is a guide to help ideas flow.
You are welcome to tell your story in your own way.

1. Use these pages to reflect, brainstorm, and begin writing.
2. Write your story in your own words, or use the worksheet prompts as a starting point.
3. Complete the required submission form at www.inhishandsfoundation.org/shareyourstory so we can confirm publishing permissions.
4. The submission form is also where contributors can include pictures.
5. If you cannot access the online form, contact stories@inhishandsfoundation.org and we can work with you to confirm permission in another way.

Story Options

Written story

Our preferred format is a story written in your own words.

Worksheet to story

We are happy to create a story from a completed worksheet, edit it, and share it with the contributor for review.

Dictated story

We are also willing to take verbal or dictated stories and turn them into polished narratives.

A Few Helpful Tips

1. Be yourself. Your voice and perspective are unique and important.
2. Focus on moments that mattered. Big or small, they can make a difference.
3. Include emotions and details. What did you feel, see, hear, or learn?
4. Share what helped or what hurt. Both the good and the hard parts are welcome.
5. There is no perfect way to tell your story. Just be honest, and let your heart speak.

Adelle and Michaela are grateful for every story shared.

Online submissions: www.inhishandsfoundation.org/shareyourstory

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Story Worksheet

1. Contributor Information

Full Name: _____

Phone: _____

Email: _____

I am a: ☐ Patient / Fighter ☐ Survivor ☐ Supporter ☐ Healer ☐ Other: _____

Every story matters. All stories from all people are welcome.

2. My Story

1. Tell us about yourself.

Who are you? What would you like readers to know before they hear your story?

2. Where did your cancer journey begin?

What happened? What was the moment everything changed?

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Story Worksheet

My Story

3. What was one of the hardest parts of your journey?

What was difficult emotionally, physically, spiritually, or practically?

4. Where did you find hope, strength, support, or unexpected blessings?

This could include people, faith, prayer, humor, community, treatment teams, or anything else that helped.

Answer in the way that feels most natural to you.

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Story Worksheet

My Story

5. Was there a person, moment, prayer, act of kindness, or "God moment" that changed everything?

If faith was not a central part of your journey, feel free to answer this in a way that fits your experience.

6. What did this journey teach you?

7. What message would you share with someone just beginning their journey?

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Story Worksheet

A Few Final Thoughts

1. **A word I would use to describe my journey:**

2. **A Bible verse, quote, or phrase that helped me (optional):**

3. **Anything else you want us to know:**

Submission Options

- Written stories, verbal recordings, and completed worksheets are all welcome.
- We prefer stories written in the contributor's own words, but we are happy to build a polished narrative from a worksheet or dictated story.
- Authors may thoughtfully edit stories, then share them with the contributor for review.

Story Submission Details



Please submit by **May 31, 2027**

Online form required for final submissions and publishing permissions: **www.inhishandsfoundation.org/shareyourstory**

The submission form is also where contributors can include pictures.

Questions? Email: **stories@inhishandsfoundation.org**

If you cannot access the online form, please contact us and we will help confirm permission another way.

☐ I understand this worksheet is a guide, and that final submissions should be complted through the submission form so publishing permissions can be confirmed.

Thank you for sharing your story with Adelle and Michaela.

Your story can bring hope.