

## Share your #StoryofStrength

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- 1** Choose the social media platform(s) you want to share on (Facebook, Twitter, or Instagram are the most common).
- 2** Type out your story. Write as much or as little as you like. Note: if you're using twitter, be mindful of the character limit. If you need inspiration, here are some helpful prompts:
  - What's one thing you've done during lockdown that has made you happy?
  - Share a quote that has helped you feel good/inspired/hopeful.
  - If you've learned a new skill or found a new hobby, share what it is.
  - What are you most grateful for right now?
- 3** Add #StoryofStrength at the end of your post. Optional: tag five of your friends and nominate them to tell share their #StoryofStrength.
- 4** Attach our custom #StoryofStrength graphic to help spread awareness about the campaign and inspire others to participate in this global day of unity.
- 5** Click "post" to share with your friends and family! Your participation is guaranteed to inspire at least one other person to do the same.