

# Impact Stories Guidelines

THE #YOUARESOMEBODY MOVEMENT

---

Every person has a story worth telling out loud.

Sometimes it belongs to someone who encouraged you, believed in you, or helped shape who you are today. Sometimes it belongs to you. The moment you chose courage over comfort and became somebody for yourself.

**Both belong here.**

Impact Stories is a growing collection of real stories that remind us our actions matter, our words matter, and our impact is real. Anyone who is ready to Own Your Seat can submit one. Every story comes to Mia, who reads each one personally before anything is published.

## Choose Your Story

---

My story honors:

- ☐ Someone who made a difference in my life
- ☐ A moment I became somebody for myself

## A Few Guidelines

---

**Tell a true story** from your own experience, in your own words.

**Keep it between 300 and 600 words.** Write it the way you would say it out loud.

**Focus on impact.** Make clear why the person or moment mattered.

**Protect privacy.** Do not share confidential or identifying details about anyone without their permission.

**Keep it kind.** This is a space for recognition and encouragement, not for exposing, shaming, or attacking anyone.

**Keep it aligned.** Stories should reflect the purpose of the Movement, not promote a product, cause, or campaign.

## Before You Submit

- 
- ☐ My story is true and my own.
  - ☐ I have permission to share anything I include about another person.

- ☐ My story is 300 to 600 words.
- ☐ It contains nothing confidential, defamatory, or harmful.
- ☐ I understand that submitting does not guarantee publication.

## A Note on Publication

---

Every story is read. Not every story is published. Mia M. Lane has full and final say over what is featured, and reserves the right to decline or remove any story, at any time, for any reason. If yours needs adjusting, she will reach out so you have the chance to revise it. If your story is selected, minor edits may be made for clarity and length, and nothing goes live until you have seen it.

*Every story matters. Every story may not be right for this space.*

***Your Impact is Real. Your Voice Matters. You Are Somebody.***