

THE KITCHEN TABLE CLARITY MAP

*FIVE QUESTIONS FOR WOMEN WHO ARE
READY TO GET REAL WITH THEIR STORY.*

Intro + How to Use This Map

YOU ARE NOT STRUGGLING TO TELL YOUR STORY
BECAUSE YOU HAVE NOTHING TO SAY.

You can be the woman everyone counts on.
The one who gets it done.

The one with the experience, the instincts, and the strength
no one truly sees.

You can build a business, raise a family, survive hard things,
pivot three times, and still freeze when someone says,

“So tell me about yourself.”

Not because you have nothing to say. Because somewhere
along the way, you got used to telling the polished version.
The acceptable version. The efficient version. The version
that sounds smart, capable, and easy to explain.

But your real story? The one that shaped your voice, your
work, your conviction, your point of view? That story usually
lives underneath all of that.

This map is here to help you find it.

Not the resume version. Not the networking version. The
real one. The kind of truth you'd say sitting across from
someone at a kitchen table when you're done performing
and finally ready to really talk.



Samantha Hoey Nelson – StorytimeLA

HOW TO USE THIS MAP

Set a timer for 20 minutes.
Answer every question without
editing yourself. Do not try to sound
impressive. Do not try to sound
polished. Do not try to sound “on
brand.”

Just tell the truth.
This is not your final draft.
This is not content.
This is not a performance.

This is how clarity starts.

QUESTION 01

What cracked you open?

What happened that changed the way you see yourself, your work, or the women you serve?

Not the polished bio version. Not the highlight reel. The real turning point. Maybe it was burnout. Maybe it was motherhood. Maybe it was grief, caregiving, reinvention, failure, starting over, or finally admitting something was no longer working.

What shifted you?

QUESTION 02

What part of your story have you been leaving out?

What part feels too messy, too personal, too complicated, too emotional, or too much? What have you been afraid to say because it might make people see the real you instead of the polished one?

That hidden part is often the part people connect to most. Not because you owe everyone your vulnerability. Because the thing you think disqualifies you is often the thing that makes your voice matter.

QUESTION 03

What did you have to learn the hard way?

What do you know now that life had to teach you? What did you survive, rebuild, navigate, or become before you could do this work the way you do it now?
Forget credentials for a second.

What have you earned the right to talk about?
That is where your authority lives. Not just in what you know. In what it cost you to know it.

QUESTION 04

What truth are you here to say out loud?

What do women like you need permission to stop apologizing for?
What do you believe in your bones that your people are still struggling to name?
What are you tired of watching women shrink around, second-guess, overthink, hide, or carry alone?

Your story is not just what happened to you. It is also what you now have the courage to say because of it.

That truth is your message.

QUESTION 05

What shift do you want your story to create?

After someone hears your story, what do you want them to understand, feel, or do differently?

Do you want them to feel seen? To feel less alone? To stop hiding? To make the move they have been avoiding? To trust themselves? To ask for help? To begin?

Do not over-complicate it.
A strong story does not just share who you are. It moves something.

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REFLECTION

Before you share your story, ask yourself:

- Am I telling the polished version or the true version?
- Am I hiding behind expertise instead of naming what I lived?
- Does this sound like me, or like who I think I am supposed to be?
- What would I say if I stopped trying to sound impressive?
- What truth would make the right people feel seen instantly?

NOTE FROM SAM:

You already have a story worth telling.

Most women are not stuck because they have nothing to say. They are stuck because they have spent so much time being capable, useful, productive, resilient, and “fine” that they have lost touch with the deeper truth underneath all of it.

But that truth is still there.

Your story is not too much. Your voice is not too late. Your lived experience is not a side note.

It is the thing.

These five questions are a starting point.
When you are ready to go deeper, build the message,
and shape a real strategy around what makes your
voice matter, pull up a chair.

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