



Let's Write Your Shepherd Story

Nothing shows the hope that can be found within Shepherd Center's walls like the stories of our graduates and family members. By sharing yours, you can help us inspire others to support Pursuing Possible so we can expand and enhance Shepherd to impact countless more lives and families.

Would you rather share your story by phone? Call Mary Beth Hellman at **404-603-5168**.

Directions

1. Choose whether you want to create a graduate or family member/caregiver story below.
2. Answer each of the questions with one full sentence.
3. Download and save your completed story so you can share it with your friends any time you want. To share it with the Shepherd Center team, attach your finished story in an email to gratitude@shepherd.org.

[Create a Shepherd graduate story](#)

[Create a family/caregiver story](#)

For Shepherd Graduates

Paragraph 1: Starting Your Shepherd Story

1. Describe some of the things you loved to do before your injury or diagnosis.

2. Share the injury or illness that brought you to Shepherd Center.

3. What thoughts or feelings do you associate with your first days at Shepherd?

Paragraph 2: Describing Your Care

4. What is a moment that stands out from your recovery or rehabilitation?

5. What personal goal/goals did you work toward and achieve with your care team?

6. Who was a member of the Shepherd team who especially helped you along the way? Any other people who made your Shepherd experience special?

Paragraph 3: Your Story After Shepherd

7. Describe life now, after your Shepherd experience. You may want to think about how it is similar or different to your answer in paragraph 1.

8. How have you stayed connected to your Shepherd team since transitioning home?

9. What advice would you give to people facing an injury or illness like yours?

For Shepherd Graduates

Now, let's put your sentences together to create your inspiring three-paragraph Shepherd Story:

Be sure to download and save this file so you can share your story with friends any time you want. Here are two great ways to get started:

1. Email your friends using this template
[Create Email Now >](#)
2. Share it with the Shepherd Center team by attaching this document to your email.
[Email gratitude@shepherd.org >](mailto:Email%20gratitude@shepherd.org)

For Families/Caregivers

Paragraph 1: Starting Your Shepherd Story

1. Describe the things you and your loved one enjoyed before their injury or diagnosis.

2. Share the injury or illness that brought your family to Shepherd Center.

3. Think back to that moment. What thoughts and feelings were going through your mind?

Paragraph 2: Describing Your Care

4. What is a moment you'll never forget from supporting your loved one's recovery?

5. Who was a person at Shepherd that especially helped your family work toward recovery goals?

6. How did you overcome challenges and obstacles together along the way?

Paragraph 3: Your Story After Shepherd

7. Describe life now after your loved one's transition home.

8. How have you stayed connected to the Shepherd family since then?

9. What advice would you give to someone supporting a loved one through an injury or illness?

For Families/Caregivers

Now, let's put your sentences together to create your inspiring three-paragraph Shepherd Story:

Be sure to download and save this file so you can share your story with friends any time you want. Here are two great ways to get started:

1. Email your friends using this template
[Create Email Now >](#)
2. Share it with the Shepherd Center team by attaching this document to your email.
[Email gratitude@shepherd.org >](mailto:Email%20gratitude@shepherd.org)