



## How to Participate

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1. Grab one or more partners (if available) to participate as your MG Solemates

2. Choose your canvas

**Pick a pair of shoes**

for each of you that matches  
your style



**OR**

**Print one**

(see shoe and clothing  
templates in PDF)



**OR**

**Trace or draw one**



**No shoes? No problem!**

You can use a hat, a shirt or anything else you want as a canvas!

Whatever object you choose can help tell your story.

3. Tell your story

These instructions include inspirational Story Starters that may help you decide on your design. Add a few words of empowerment (your “artist statement”) and you’ll be surprised at how powerfully and eloquently this combination can tell your story.

4. Share

Take a photo of your shoe art and share it on social media. Be sure to post it with #myMGsolemates to help us find it and share it with others.

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# My MG Solemates Story Starters

Need some inspiration to get started? Try one of these. There's no wrong way to tell your MG story!

## VISUAL STORY STARTERS

These simple prompts are designed to inspire you to get your Soles started. Find one that gets your creative juices flowing!

### **Start with color.**

Think of a favorite color or a color that represents your personality. Use the emotional color wheel on page 6 of this PDF for more inspiration.

### **Think of something you love to do.**

Sometimes MG can prevent you from doing your favorite things. Share some of those.

### **What gives you the most comfort on tough days?**

Some things help us stay strong or simply put a smile on our face. Maybe your children or other loved ones?

### **Inspiring words.**

Yes, words can be art.

### **Picture your favorite pet.**

Draw a picture of your most beloved pet. Tell us why they are so special.

### **Draw a destination you would like to visit.**

It can be anywhere in the world that inspires you.

### **Are you into fantasy or comic books?**

Perhaps MG is your kryptonite—that would make you a superhero, right? Visualize yourself as an everyday superhero, with an everyday superpower. What would your symbol be?

### **What is a memorable place your shoes have taken you to?**

Maybe it was a landmark. Maybe it was a walk down the aisle. Maybe it was a visit to your local park. Show us your favorite places.

### **Share something unique.**

We all have things that make us who we are. Visualize and share them.

### **Comfort food. Comfort shoes.**

Paint the food you enjoy the most. Or even your favorite candy.

### **Get in the game.**

Show your spirit for the sports you love and paint a logo of your favorite team.

### **Share the love with your Solemate.**

If you have a loved one participating in the project with you, create a shoe for each other as a special, personalized gift.

### **Inspire each other.**

Describe your partner with a word and have them return the favor for you. Use the words as inspiration for your project.

## USE PARTS OF THE SHOE

Look at the different parts of the shoe and see how they can tell a visual story.

### Sole

The soles of our shoes give a sense of where we've been, where we would like to go, how we hold ourselves and how we make our footprint on the world.

### Arch

Who or what offers strong support for you? Who keeps you going through the day?

### Laces

They hold our shoes together, keep them from coming off. Maybe for some they feel restrictive, like being trapped. Can you express these feelings visually?

### Toe

No one forgets stubbing a toe. Life experiences that make you stumble also shape who you are! What are those experiences?

### Tongue

The tongue can represent something you are passionate about and want to share with the world. On the other hand, it could be something you don't like to speak about.



## LEFT SHOE/RIGHT SHOE STORY BUILDER

You can tell your story in two parts on your left and right shoe. Use this worksheet to get started.

<b>Before Diagnosis with Myasthenia Gravis</b>	<b>After Diagnosis with Myasthenia Gravis</b>
Before my diagnosis, I thought it was difficult to____ _____ _____ _____ _____ _____ _____ _____	After my diagnosis, I am finding it difficult to_____ _____ _____ _____ _____ _____ _____ _____
Before my diagnosis, my foundation or support system or my footprint on the world was_____ _____ _____ _____ _____ _____ _____ _____	Since my diagnosis, my foundation or support system or my footprint on the world has become ____ _____ _____ _____ _____ _____ _____ _____
Before my diagnosis, I saw myself as _____ and people saw me as _____ _____ _____ _____ _____ _____ _____ _____.	After my diagnosis, I see myself or people see me as _____, but even if people see _____ the truth is_____ _____ _____ _____ _____ _____ _____ _____.
My MG Solemates project represents who I am now: _____ _____ _____ _____ _____ _____.	

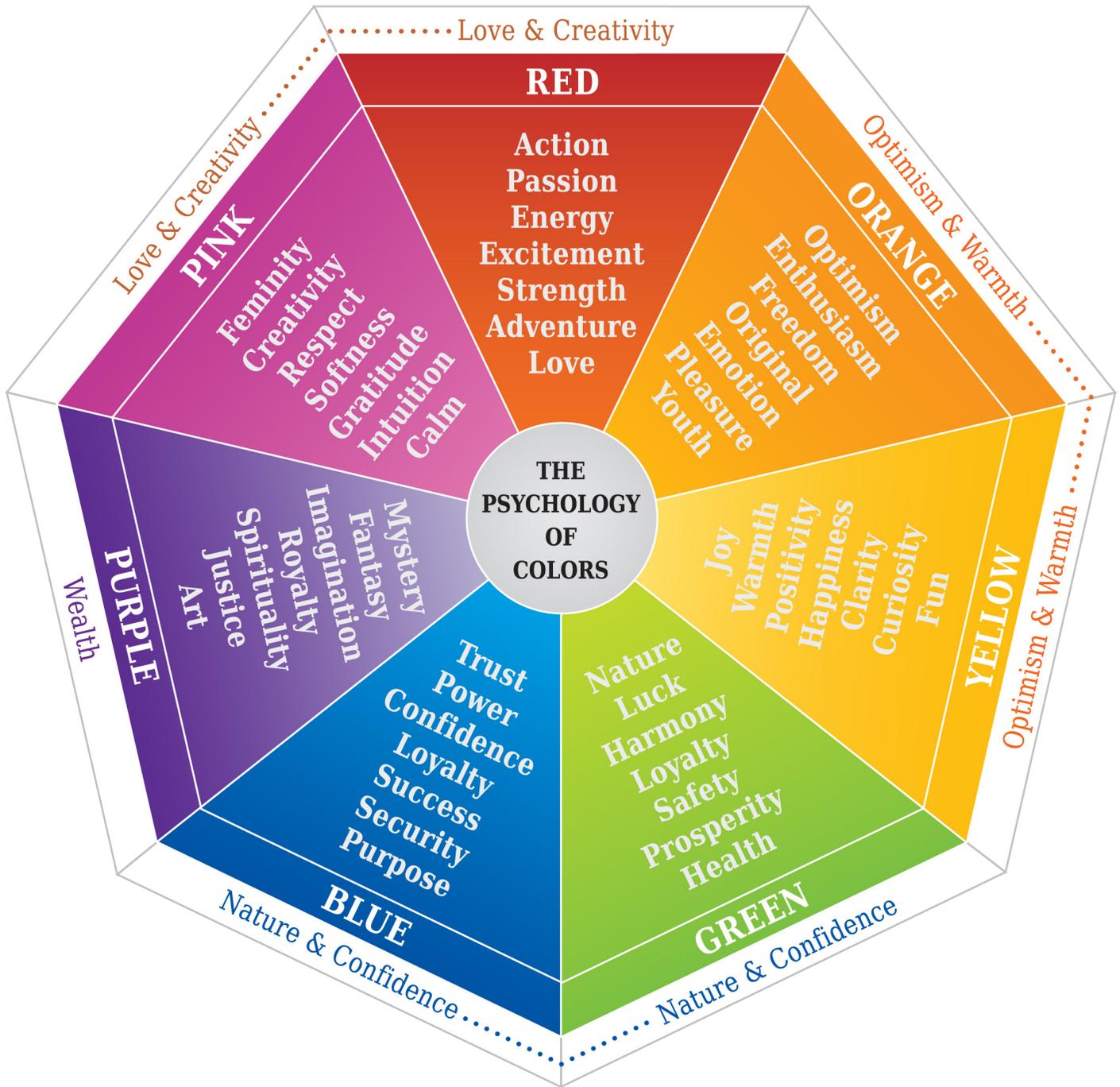
## LEFT SHOE/RIGHT SHOE STORY BUILDER FOR CARETAKERS & FAMILY

Caretakers and family have an MG journey of their own. Use this worksheet to help you tell your story on your left and right shoes.

<b>Before My Loved One's Diagnosis with Myasthenia Gravis</b>	<b>After Their Diagnosis with Myasthenia Gravis</b>
Before their diagnosis, my biggest responsibility was _____ _____ _____ _____ _____ _____ _____	Since their diagnosis, I have learned that I am capable of _____ _____ _____ _____ _____ _____ _____
Before my loved one's diagnosis, I saw myself as _____ _____ and people saw me as _____ _____ _____ _____ _____ _____ _____	After their diagnosis, I see myself or people see me as _____ _____, but even if people see _____ _____ the truth is _____ _____ _____ _____ _____ _____
My MG Solemates project represents who I am now: _____ _____ _____ _____ _____ _____.	

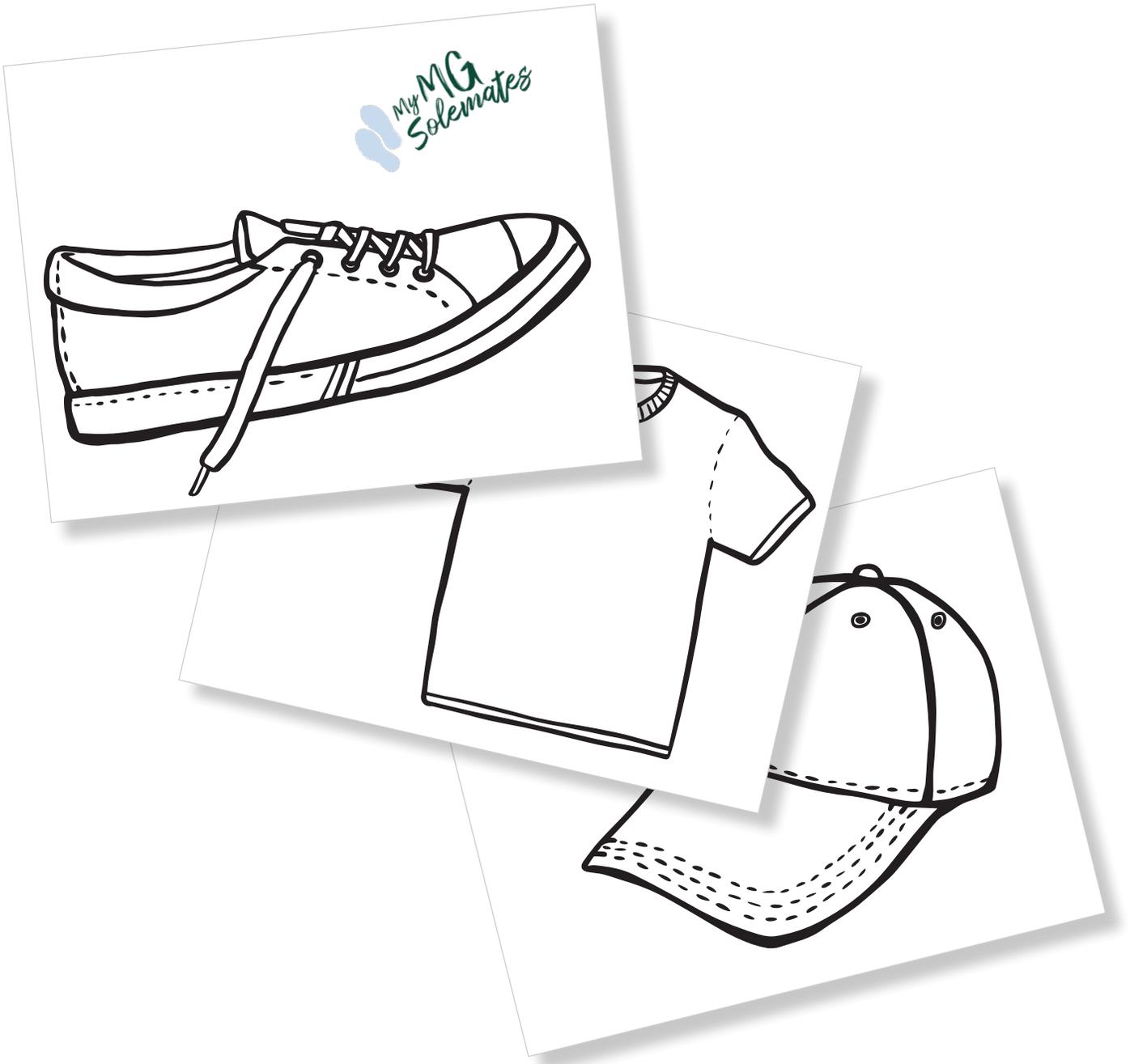
## Emotion/Color Wheel

You can tell a beautiful story purely with color, using different colors to represent all the emotions you've experienced on your MG journey.

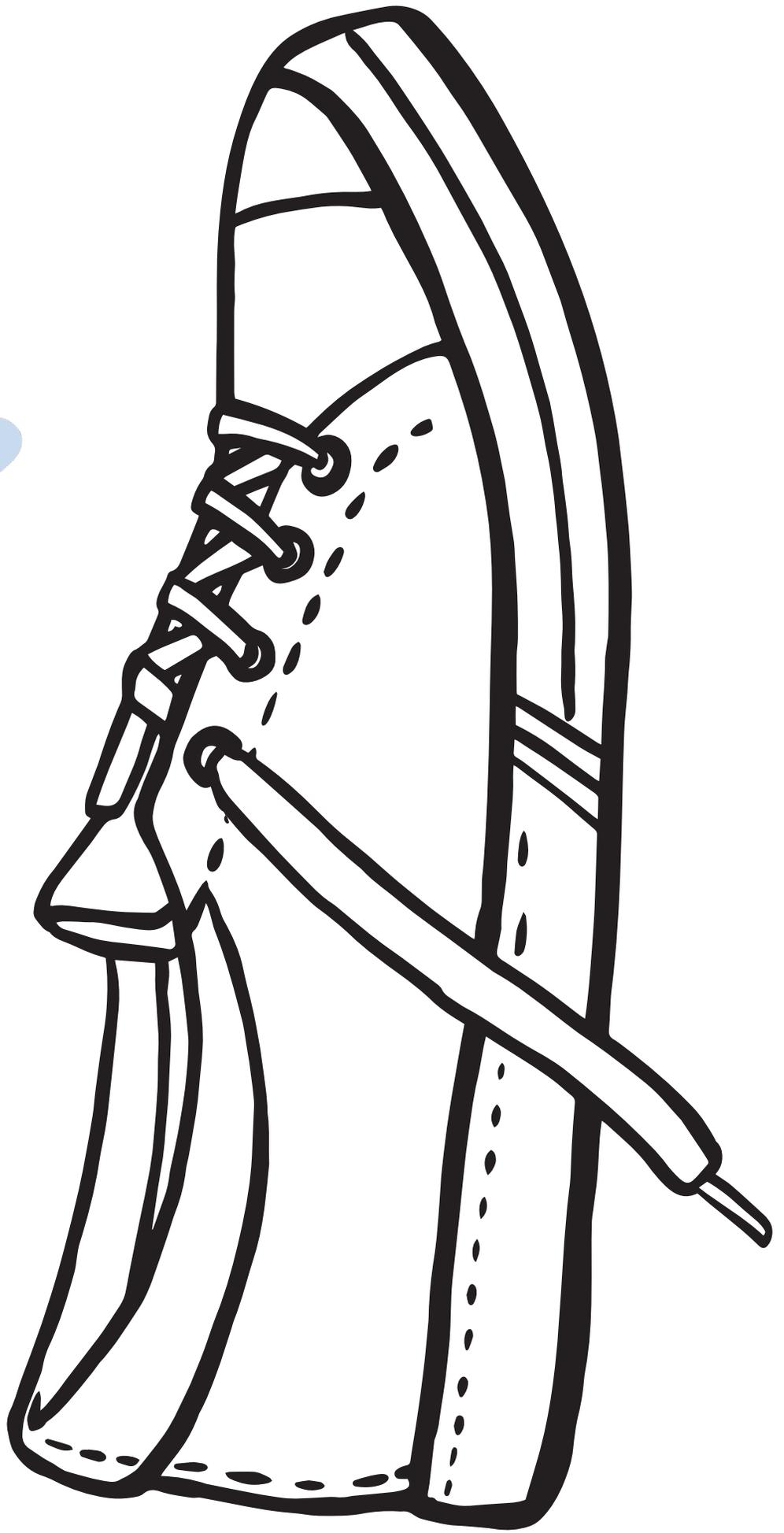


# My MG Shoe and Clothing Templates

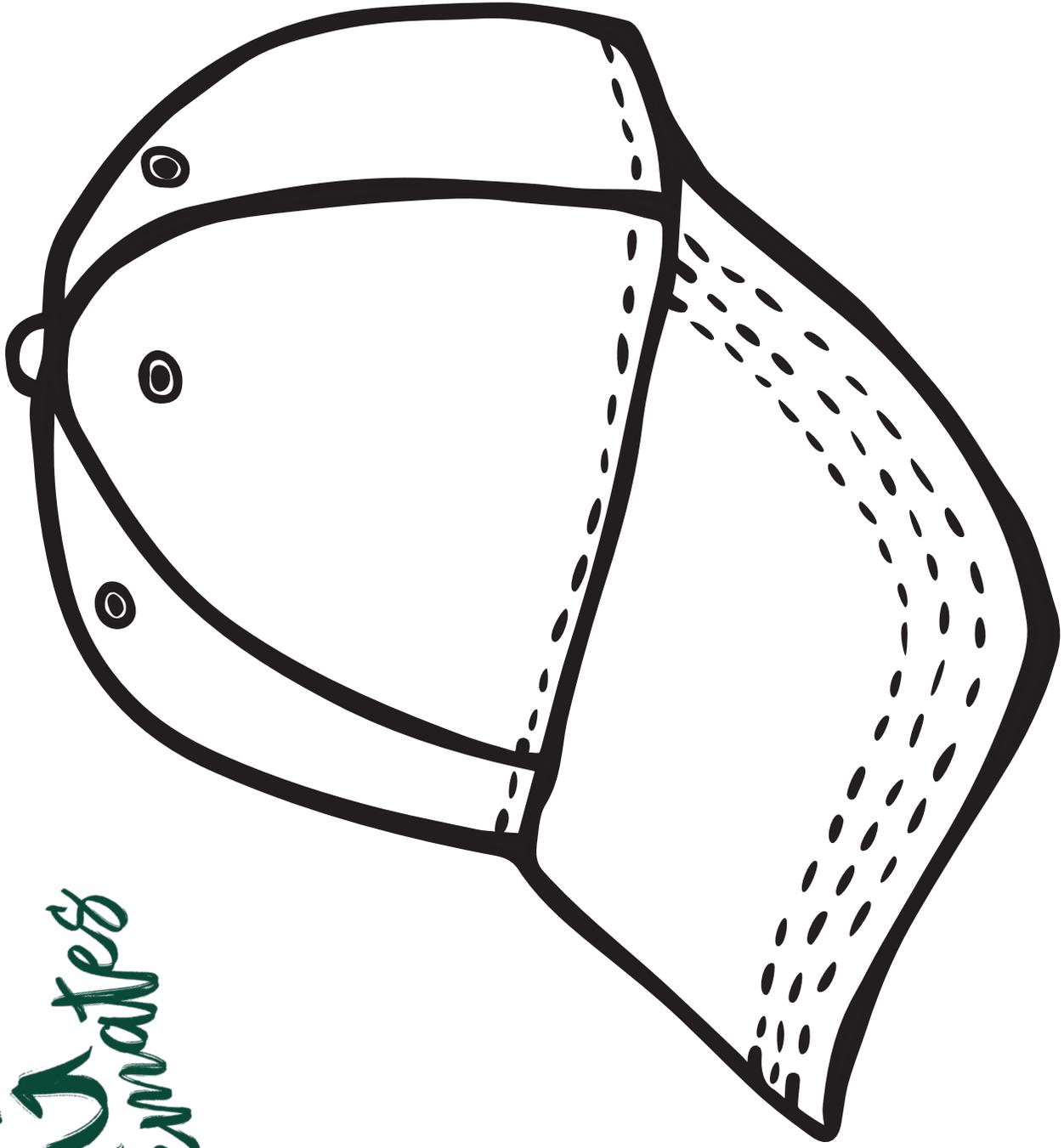
Don't want to paint a real shoe? No problem! Draw or paint your story on one of ours, or a hat or shirt. If you don't have a printer, simply trace the shoe, hat or shirt directly off your largest digital screen.

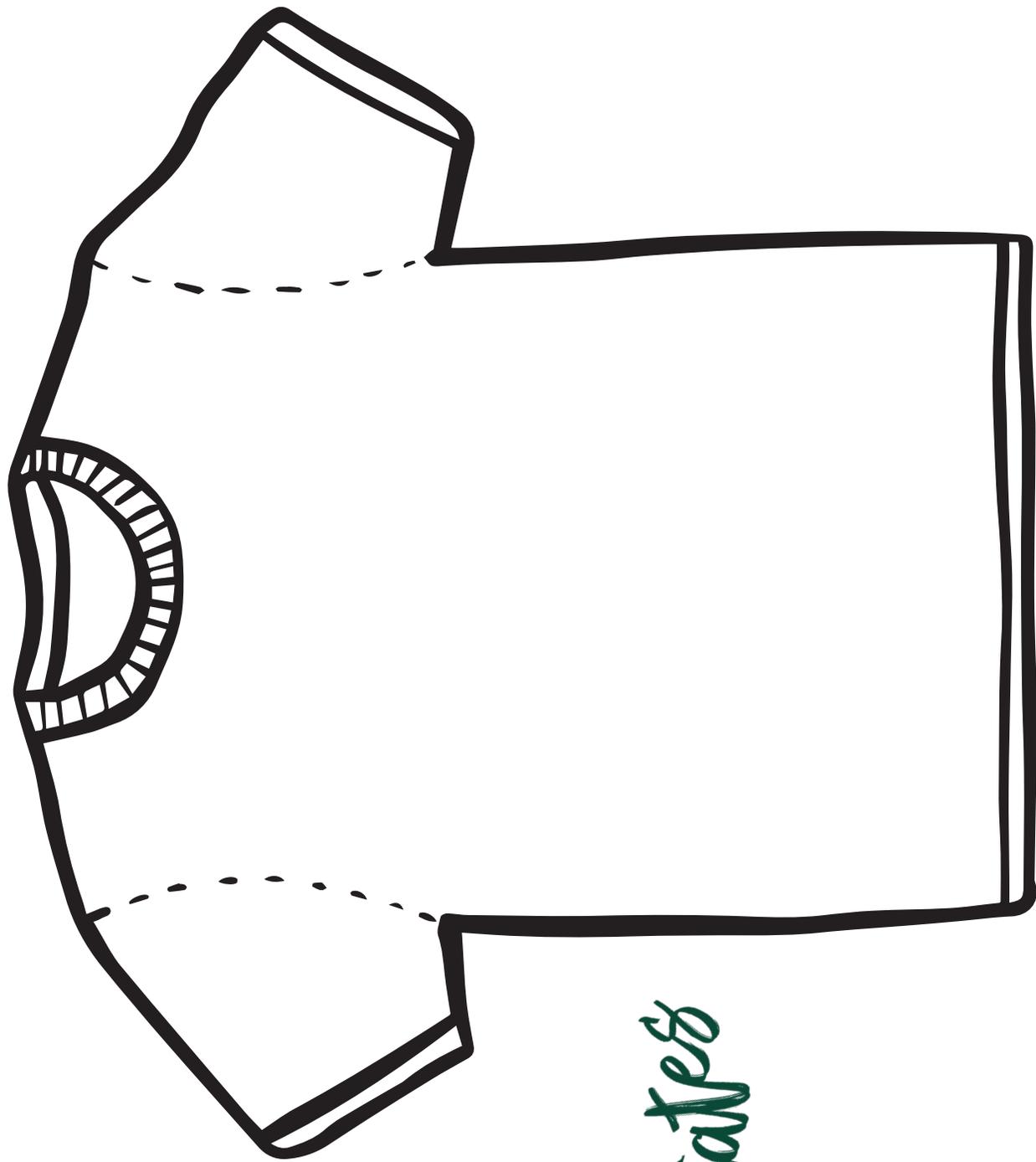


My Mate's  
Solemates



Mr. McGarrett  
Mr. Solemates





My Momates  
Solemates