



Rewrite Your Story + Craft Your New Identity

STEP 1

- What is the story you are telling? What or who are you telling it about?
 - It's time to dig deep/journal/contemplate:
 - What are your stories around food, body, money, success, men, women, others, career, relationships, commitment, etc

STEP 2

- Who are the supporting characters? Who or what are the people or circumstances or experiences that are helping you to uphold this old story and keep it going?
 - What/who is holding you back or keeping you stuck in this old story?
 - Rewriting your story requires that you take an honest look at where you might blame other people or circumstances for the way your life has turned out.
 - What might you need to let go of?

STEP 3

- Can you see your story from a third party perspective? How would a fly on the wall see this story you were living in? How would other close relationships in your life view you within your story?

STEP 4

- While holding multiple perspectives of your stories from Steps 1-3, it's time to rewrite your story or an edited version of your older story.
- Now, you get to be the hero instead of the victim of your story.
- It's worth the effort now to look at the key areas of your story and give them an edit and reframe it in how you want to tell the story from this point forward.

STEP 5

- ASK: What do I want my new story to be? It's time to write your masterpiece. Assume the simplicity, the heart and the humility of a child and ask for signs to show you how to create the most epic story.
 - Begin to organize these story ideas into a file. Examples: Evernote, Trello, a notebook or the notes section on your phone or a google doc, etc.
 - Write your new story as if it's already happened. Write and frame the story if your future is positive.