

ReWrite Your Story
Worksheet



Your story should match your desires, not your fears...

We lie to ourselves all of the time. We tell ourselves that we are not good enough, not pretty enough, too busy, too stuck, not smart enough, not creative enough.

We tell ourselves stories about our lives and we believe these stories to be true even if they are false and not particularly helpful. If they are not helpful, why do we tell these stories? Are we masochists? Are we in denial?

Usually these stories arise out of fear.

Fear that we will make waves

Fear that we will be seen

Fear that we will fail

Fear that we actually have more power over our lives than we thought we did

Fear that to be safe, we must not be vulnerable

We tell ourselves stories to keep us safe, but in reality all the stories do is keep us small. The really good news is that you can start changing the stories you tell yourself about your life right now.

If you want to design your own reality, you need to take a look at these stories and rewrite them from a place of **excitement, passion, and love...not fear**. I'm going to show you an example of this process, and then on the next page, use the worksheet to create your own Story ReWrite.

Example:

Mae works for an insurance company doing customer service, but her passion is creating and selling beautiful pieces of jewelry. She tries to make time to spend on her jewelry because it inspires her, but never seems to have the energy to do so after work. Here is how she filled out the worksheet:

I want: To be happier in my career and spend more time on creative pursuits.

~~The Problem~~ The Story: I'm unhappy because I feel completely stuck in my 9-5 job and am too tired after work to do the creative things that actually excite me.

The Fear in the Story: I stay at a job that makes me unhappy because I'm too scared to find another job, go back to the school, or start my own business. It's easier and safer to have reliable income. Even though I hate my job, at least I know where the money is coming from and that it arrives biweekly.

The New Story: I balance the work I currently do with the work that fulfills me creatively so that eventually I can leave my job and focus solely on my passion.

Action Steps:

1. I will dedicate a certain amount of hours a week to my creative pursuit (4 hours every Sunday)
2. I will prioritize eating healthy and exercising in order to improve my energy throughout the week.

3. I will set tangible, time-sensitive, and realistic goals focusing on pursuing my creative pursuit full time.

Mae realized that she really wasn't stuck in her job. She was making a decision to stay due to the fear of failure and financial insecurity. Once she realized the story she was telling didn't need to be true, she wrote a new story that matched her desire, not her fear. Then she came up with 3 action steps to make the new story a reality.

It's your turn.

Print out the worksheet on the next page and handwrite your answers. Committing your new story to paper might make it easier to take action and can serve as a visual reminder of the new story you wish to tell.

My ReWrite

I want *On the next few lines, brainstorm the things you want right now in your life. Don't censor yourself.*

Now, take a minute to read your brainstorm and circle the item that seems most pressing to you right now. Don't worry if you have a lot you would like to work on. You can go back and do this exercise as many times as you like. Write what you want on the line below...

I want _____

The Problem-The Story *On the next few lines, write the reason you don't have what you want. Try to be honest with yourself about why you feel you don't have this.*

*Now, go back over what you just wrote and circle any word or phrase that indicates a **fear**. On the lines below, write out the fear in the story that you are telling yourself.*

The New Story *Write your story again, but this time, write it from a place of love, excitement, and passion, not **fear**. Write a story that includes you getting what you want.*

Action Steps *In the spaces below, write at least 3 steps that will help put your re-write into action. These should be tangible things that bring you closer to your new story.*

1. _____

2. _____

3. _____
