

Rewriting Your Story

Identify Your Inner Villain

The #1 story my inner villain repeats is

This story has cost me (emotionally/financially/physically)

If I keep this same story for 5 years, it will cost me

Build Your Inner Hero

Top 3 strengths that already give me power

1. _____
2. _____
3. _____

Things I'm good at that I should go deeper on

A moment in my life where I was the most resourceful

Someone who succeeded with LESS than I have

Change Your Story

My old story was:

My NEW, upgraded story is:

Identity I choose moving forward: "I am someone who _____."

One belief I'm done carrying: _____