

Re-Write
Your
Stories

A reframing workbook
to help you choose who you are
& how you talk about yourself.

LIES I TELL AND SELL ABOUT MYSELF

HOW ARE MY CURRENT LABELS AND STORIES SERVING ME?
WHAT'S MY TRUE STORY?

INSTRUCTIONS: Every human being labels themselves. And, we all have stories about ourselves that we hold near and dear (or, many times, are a source of our shame). Some of these labels and stories were given to and placed on us by others; some we gave to and placed on ourselves; and some are a mix of both.

As you become more aware of the labels and stories you hold on to, you can determine if they are true or if they are just lies. Lies you tell yourself about yourself and lies you tell others about yourself.

Are you really a 'hot mess'? How true is it that you are unlovable, the fat girl, unable to succeed, the black sheep or any other label you wear or story you tell about yourself?

If you find a lie you are telling and selling, you have the chance to choose different versions ... and ultimately decide what your new, truer story will be. Use the space below to rewrite your story.

CURRENT STORY

ANOTHER STORY COULD BE



FINAL DRAFT

WHICH STORY SERVES YOU BEST? WHAT VERSION OF THE TRUTH DO YOU PLAN TO MOVE FORWARD WITH TODAY? WRITE YOUR FINAL DRAFT BELOW AND CELEBRATE THE FACT THAT YOU SLOWED DOWN & INTENTIONALLY THOUGHT THROUGH & REWROTE A STORY THAT NO LONGER SERVES YOU.

A large, empty rectangular area intended for writing the final draft.