

CHANGE YOUR STORY

We are the sum of the stories we tell ourselves —about the world and how it works, about other people, and about ourselves. Use this worksheet to craft a story that adds up to the kind of life you crave.

YOU ARE THE HERO OF YOUR OWN STORY.

What are three characteristics you want your hero to have?

I will be _____ , _____ ,
and _____ , no matter what life throws my way.

GIVE YOURSELF A GREAT SUPPORTING CAST.

In many of the best stories, the hero has a group of allies who root for her and help her along in her journey. Who will you choose to help your hero live her best life?

I will spend more time with _____ ,
_____, and _____

CHANGE THE PLOT.

Every choice we make creates the script of our lives. And the things we choose not to do? Those are choices, too.

What is one choice your hero will make this week to give herself a better story?

What is one choice your hero will make this month?

What is something that will happen for your hero before this year comes to a close? You're not just the hero — you're the author, too. Write the ending you want most:



It's like everyone tells a story about themselves inside their own head. Always. All the time. That story makes you what you are. We build ourselves out of that story.

— Patrick Rothfuss, *The Name of the Wind*