



Your Story

Below is an activity called My Life Movie that will help you see what story you tell about your life, as well as give you an opportunity to rewrite your script.

Activity: My Life Movie

The purpose of the Your Movie activity is to put your life and the things you wish to change into perspective. One of the main reasons that many people are unsatisfied in life and not living in alignment with their highest purpose is because of the stories they tell themselves and others about their life and who they are. By viewing your own Life Movie you will be able to see more clearly the story you are living and will then be able to rewrite your script!

You are the star in your own Life Movie! Your Life Movie is the vision you see in your mind of your life story, including your visions and dreams, your beliefs about life and who you are, and how you think about your past and future. Some scenes are memories from your life, and you often see these clips over and over in your mind.

1. What scenes from your past do you replay frequently (positive and negative)? These may be life changing events, pivotal moments, coincidental moments, etc.

2. What are your most influential or “climactic” scenes?

3. In a one paragraph review of Your Movie, describe the “background story”:



4. Other parts of Your Movie include the stories you tell yourself and others about who you are now.

- Is your story one of bravery and perseverance, leading you to your current state of success and fulfillment?

- Is your story one of being the victim of an unfortunate life in which you had bad luck, got the short end of the stick, or were mistreated by others?

- Or, is your story one of boredom and unfulfillment, letting fear or other people's opinions keep you from living the life of your dreams, one in which you find yourself existing instead of living?

5. In a one paragraph review of Your Movie, describe the characteristics of the “main character” and the story of who they are:

6. Finally, Your Movie includes your vision and stories about your future. In a one paragraph review of Your Movie describe the “plot” including what will happen to the main character:



Reflecting on Your Story

Two important things to know about Your Movie:

1. You are constantly, actively writing and directing your film.
2. Your Movie becomes Your Life.

Yes, you are the one who both writes your screen play and directs every scene. This includes the scenes from your past. “How,” you might ask, “did I write the script for the ways I was mistreated as a child or the unfortunate circumstances that happened to me as an adult? I didn’t have control over them and I certainly would not have chosen them.” What is important for you to know is that THE PAST HAPPENED, yes, but it is over – it no longer exists. The Movie scenes you play in your mind are simply memory traces in your brain. You are NOT your past. You are not a memory trace in your brain. Your Movie and your story create the life you live, not the other way around. If you tell yourself or others that you are a certain way, you will act accordingly. If you tell yourself or others that certain things are going to happen to you, they will.

You can look at it from a spiritual perspective – that what you focus your attention on you will attract to your life (The Law of Attraction), or you can look at it from a psychological perspective – if you believe something will happen you will unconsciously do things that will cause it to happen (Self-Fulfilling Prophecy). Either way, this is the reality of life.

Now reflect on:

1. Who else do you let write scenes in your script?
2. Are there things you believe and do because others (like your parents) said you “should”?
3. Is your story the one you want to be telling? If not, what would you change?
4. Can you see any ways that telling your story limits you?