



Could your Life Story use an Update?

Just because you're having a bad day, doesn't mean you're having a bad life!

We Quite possibly grew up hearing over and over again, that the one thing guaranteed to all of us... is Change! (besides death and taxes)

We shimmy along, through all the inevitable ups and downs, as we try to make sense of who we are, what we have learned, and our own belief systems!

Yet for some reason, when it comes to "how" we change and adapt, some will apply the brakes! Why is that? Outside of our own limiting beliefs that we tell ourselves, it's also quite possible it's the story we internally tell ourselves, every day!

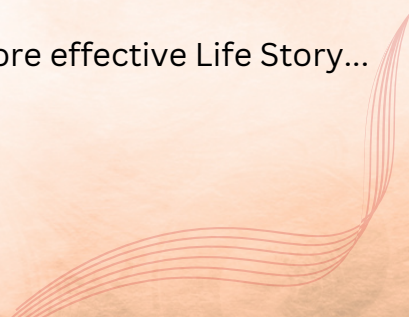

A story has no inherent meaning, yet someone has to give it meaning, and in this case, that's YOU! So if wanting to make a transition, and are in the process of making ourselves whole again, repairing our Life Story is the Crown Jewel of that process!


Our lives, our story is only one part of the transition, that ties together, all the other parts! "I used to be like that" then I changed "that" and I am now "this". Define THAT! Many use their life story to beat themselves up, over and over again, and thus hold themselves back - victimhood, drama queens - like it's their badge of honour! their only Crown Jewel, - Ego - that needs to be fed constantly in order for them to even feel alive! "I'll never be happy" well off, Rich, get ahead or whatever their daily dose of internalizing may be!

Taking that step off of the proverbial Merry-Go-Round to grab that brass ring, deciding for yourself - How can I write a new chapter for myself?

Here are a few things I've put together - the upsides of personal storytelling far outweigh the risks! Storytelling follows us to take events that are exceptional, unforeseen, or otherwise out of the ordinary and convert them into meaningful, manageable chapters of our own personal journey!

Here are a few tips that I try and utilize that can help tell a more effective Life Story...





1) Using past tense; putting some distance between who you are today and who you were, when your story veered off course!

- so instead of constantly talking about yourself as struggling or feeling confused, start referring to those feelings as "happening in the past"
- "When I was drinking and doing drugs, my life was put on hold. I was stuck in an endless cycle - then I got off that merry-go-round! It took some time and a huge effort, and now I'm living a more fulfilling life! I removed the obstacles including those who helped fuel my addictions! Now, I have fewer friends today yet I live a much healthier life! The new friends I have are more authentic and rewarding, as we share ideas about a much more positive future!"

2) Your Guardian Angel makes an appearance! "We all must try and attain the Heavens even though we are bound to Earth!"



Too much? Changing your story as you shoot for the moon, can seem unlikely yet if you miss the moon, you'll land amongst the stars! Becoming hopelessly optimistic, grand goals while training yourself to imagine and speak a different story, is sometimes a lonely solo adventure! Seize it! New friends will eventually replace ones that hold no future for where you want to see yourself!


This applies to our own stories! The more we're able to conjure up a future that seems out of reach, the more we are able to move toward it! Angels, in all forms, will begin to show up! Just make sure that you allow yours to fly!

3) Change the emphasis on the ending! Narrative psychologists have found that stories are more effective when they have redemptive endings! The event may be positive or negative, yet the story ends in an upbeat tone!

- winning that award was great but I'm especially touched that I can share this recognition with my colleagues!
- My mothers' death was long and painful, but it did bring many of my family members closer together!

The point to highlight here is worth emphasizing! We have a choice in how we tell our life stories! We don't write it in permanent ink! There are no brownie points for consistency or even accuracy! We can change it at any time, for any reason including one as simple as making ourselves feel better!





When all is said and done, the primary function of our life story is to allow us to place difficult experiences in the past, and take from them, something beneficial that will help us to thrive in the future! When that happens, we will know that our transition is complete!

How will we know when that happens? A simple feeling! And it's not the feeling of ending at all - more like a new beginning! Like you're truly ready to jump in head first, back into the waters, and dive completely into your new chapter! Life moves like a river - it's constantly flowing! And you're ready to dream another dream! Announcing to yourself and then to others ... words that suggest that a completely new story is coming!

Just remember a few of the beginning paragraphs! Leave the victimhood and drama behind! Your new story doesn't need those mentions any longer! This seems to be the hardest to break because many are just driven by this! Read up on feeding the ego, and you will find many resources on this topic! Get your dopamine elsewhere! You will rock the boat with a few who know your patterns, so go slowly if you respect and treasure these relationships! it can be done if you are truly wishing to make great changes in your life!

"the journey into the heart is truly the experience of a lifetime! A forever ongoing, ever-opening, flow of bliss to come back home"

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