



Be The Sequoia Coaching, LLC

# Rewrite Your Story

## A March Reflection Tool



**5 Minutes of Authenticity**  
**with Pritha**

**Reflections of A Life Coach**





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# STEP INTO AUTHORSHIP

- Every story you've lived has shaped you.
- Every chapter has taught you something.
- Every version of you was doing the best they could with what they knew.

This tool is **not about erasing your past.**

It's about **revising your narrative with intention**

— the way an editor refines a manuscript:

- honoring what's already there
- clarifying what matters
- removing what no longer fits
- adding what strengthens the story
- updating the draft as you grow



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# YOUR NEW MANUSCRIPT





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# CROSS OUT



**What no longer serves the story you want to live?**

- What belief about yourself feels outdated?
- What role have you outgrown?
- What expectation feels heavy or untrue?
- What story did you inherit that you no longer want to carry?
- What identity did you adopt for survival that you no longer need?

## Reminders

1. Not erasing
2. Not Rejecting
3. Acknowledging this chapter is complete



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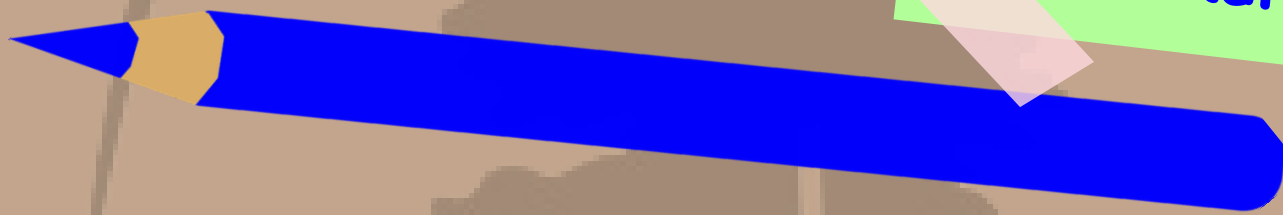


# REWRITE

## Reminders

Re-frame parts of story that don't need to be crossed out.

Use Compassion & Clarity



## What needs new language?

- What memory can you rewrite with the wisdom you have now?
- What fear-based narrative can be replaced with truth?
- Which limiting beliefs no longer hold true, so chapters can be reworded?
- What part of your identity needs updated language?
- What would this story sound like if told by someone who loves you?



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# ADD MARGIN NOTES



## What truths need to be added?

- What did this chapter teach you?
- What strength did you gain from that experience?
- What boundary emerged from that season?
- What do you understand now that you didn't understand then?

### Reminders

these are insights you have gained over time, that don't change the story, but deepen it!



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## VERSION 2.0

What does the updated draft  
of your life look like?

- What story feels aligned with who you are now?
- What values guide this next chapter?
- What truth are you ready to live out loud?
- What choices support the story you want to write?
- What does the "updated you" no longer apologize for?

### Reminders

Step into  
AUTHORSHIP  
this is NOT the  
FINAL DRAFT  
Just the NEXT ONE! of  
"your BECOMING!"



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# STAY CONNECTED

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Rewriting the Narrative



5 Minutes of Authenticity  
with Pritha

Reflections of A Life Coach

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