

Flip the Script

01

IDENTIFY THE STORY

What is the story you're telling yourself about yourself, this experience, or this person?

02

NOTICE THE FEELINGS

When you think of this story, how do you feel?

03

QUESTION THE STORY

Are you 100% sure without a shadow of a doubt that this story is true?

04

NEW POSSIBILITIES

If this story weren't true, what would be possible for you?

05

STORY: THE "ME" VERSION

Tell the "you" version of the story (*replace the "you/him/her" in your story with "I."*). Reflect on how this is a mirror of you.

06

STORY: THE OPPOSITE VERSION

Tell the opposite version of the story (*replace the IS with IS NOT*). Reflect on how that could be true.

07

STORY: THE EMPOWERING VERSION

Tell an empowering version of the story (*that you alone have control over*). Provide 3 pieces of evidence as to why this new story is true.

08

CHECK IN

How do you feel thinking about this empowering new story?

09

INSPIRED ACTION

What is your inner Queen calling you to do next?

10

COMMITMENT

When will you do this?