"I am the author of my life."

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What is your non-fictional story? (This might include: things that happened to you as a child, things you could not do anything about e.g. parent's divorce, abuse, getting shamed for showing emotions, etc., various past events that can't be changed now.) What meaning can you find from it or give it?

What is your fictional story? (The one you've made up about yourself.) Common examples: "I'm not enough." "I'm too much." "I'm not worthy of love." "I'm not smart." *THEN, (Here's the key!) Can you identify why you came up with the story and why it is false? What can you say to your inner child or visualize to help create safety and wire in the new belief?*

What story are you going to write? (You can begin with the name of your next chapter, or the title of the book you are going to write about your future life. For example, mine is "Adventures of A Dog and Her Girl".)