

Write Your New Story, Live Your Best Life

Questions to Help You Write a New Story of You

Answer these questions from your heart:

- ❖ In what ways am I more ready now than I've ever been, to create what I want?
- ❖ What makes this the perfect time to create what I want?
- ❖ What are some of the key inner and outer resources I now have available to support me in creating what I want? (Examples: passion; the ability to focus; a sense of humor; friends who love me and want me to succeed; creativity and resourcefulness; persistence; experience with something similar; a coach or mentor; etc.)
- ❖ What do I really appreciate about myself?
- ❖ What am I willing to believe could be true for me?
- ❖ What progress have I already made toward what I want?
- ❖ What am I in the process of learning or becoming?
- ❖ How might creating what I want be deepening the theme of my life?
- ❖ What elements or qualities of my desired future are already present in my life?
- ❖ What do I know or believe that comforts me, even when things aren't going the way I want them to? (e.g., "This is only temporary," or "Although I can't see it now, I know something good is coming from this," or "My best choice is to find a way to love myself through this," etc.)

With respect to your "yes, but..." thoughts and other limiting beliefs about why you can't create what you want:

- ❖ What ideas might I have, or what choices might I make, if I didn't believe this to be true?
- ❖ What *else* might be true about me or about this situation that is more affirming and empowering?
- ❖ How could I counter my objections and focus my attention in a more loving way? Examples (next page):

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Questions to Help You Write a New Story of You

- Current story – I’m too old to start a whole new career.
 - New story – What matters isn’t how old I am, what matters is how fulfilled I am.
- Current story – I can’t afford _____. I don’t have enough money.
 - New story – I’ve managed my money really well, and I’m learning about how to shift my focus about money. I’ve got more than enough money for what I need in this moment.
- Current story – I’ve been single so long, I have no idea how to attract or create a romantic relationship.
 - New story – This is a fresh moment, and my point of power is now. I don’t need to know “how” to do it, I just have to let myself open to it and take whatever steps I feel guided to take. If it’s meant to happen, it will happen.

After reflecting on these questions, write a short paragraph to summarize the essence of where you are now and what is possible for you to create, as seen and understood through the eyes of love.

Example

I’m getting better and better at recognizing my old “money story” and seeing things differently. I really “get” that my point of power is now – it doesn’t matter what I did or didn’t do in the past, it matters that I love and value myself now, and feel I’m worthy of a deeply fulfilled life. I have a home I love and an abundance of love and support from my friends and family. And I’m actually a wise and loving steward of money. I know that what I focus on expands in my life, so the more I focus on all the times I do have more than enough money for whatever I need in the moment, the more experiences I’ll have of “more than enough.”