



## **WHAT'S YOUR STORY?**

### **A journaling exercise to help you *TAKE BACK THE REINS***

For maximum benefit, do these steps in order and do not read the directions for the next step until the current step is complete. Also, do not rush the process. Allow yourself time to fully explore each step, even if it takes a couple of days. If at any point you feel blocked, try taking a walk or do some other type of movement that helps you reconnect to your body, spirit, and soul.

#### **Step #1 - Begin by writing out your story.**

**Right now, my life is like this . . .**

**But what I really want is . . .**

**But I can't [have, do, or be] what I want because . . .**



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**Step #2 - Imagine you are writing a screenplay for a movie, and the main character (hero/heroine) and plot are based on you and your story. Use what you just wrote to create three storylines with different versions of what happens next for the hero/heroine and how they overcome the belief or fear that's in their way. (Hint: it's what comes after "But I can't [have, do, or be] what I want because. . .")**

For example, the hero/heroine might overcome the fear of something or might realize they don't really have to do a certain thing or be a certain way. How could things shift/change in the screenplay? Allow your imagination to create three different potential outcomes. If you think of more than three, write those, too.



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**Step #3 – Now look back at your original story and see how the actions of the hero/heroine in your screenplay storylines might apply to you in your real situation. Notice how your perspective may have changed regarding the details of your original story. Continue to journal about any new ideas and possibilities that come to you through this exploration.**