

No. 01

*We talk about our lives like a story
True or False?*

Your Lives as Stories

- It's a narrative – a description of you, the main character – the lead actor - and the things that happen to you, choices you make, problems you have, how you solve them, etc.
- You have supporting actors that play a part in your drama
- There is a beginning (birth), a middle (what happens to you) and an ending (death).
 - The celebration of life is a recap of what you did in your story, what you accomplished, your value-add, etc.

Our Lives as Stories Cont'd.



- Sometimes we live in a drama, other times a comedy and sometimes even a mystery.
- We have Chapters in our story – could be ages and their significance or childhood/teens/adulthood or specific times or memories we have.
- We have themes that permeate our stories – the happy times, the sad times, the hard times, the good times, etc.

Module 1 is about Your Story



- How your story formed
- The conscious or subconscious ‘detail’ within your story
- How this detail becomes the Virtual Reality called your life.

Your Story is IMPORTANT

- It is the Story is like a frame that holds the smaller stuff in place
 - Beliefs
 - Expectations
 - Strategies you developed to cope
 - How you behave in life.
 - How you speak and think
- People try to change these things through affirmations, conscious willful changes to their thoughts words and behaviors
- Like a boomerang, the old stuff returns when you're not paying attention!

Your Story is IMPORTANT Cont'd



- Common beliefs most of us hold:
 - I'm not good enough
 - I don't deserve
 - I'm too stupid
- You can try to think, act and speak differently and sometimes you can succeed for a while
- But the 'story' will hold that belief in place because the story still exists; therefore the belief still exists.
 - Whatever happened to you, how you interpreted that will hold these core beliefs in place even if you develop NEW behavior

EXAMPLES

*Beliefs – Thoughts – Emotions --
Behaviors – Results (Life)*