

# Rewriting your narrative

Post-session

You've just explored how the stories we tell ourselves shape everything. Use this worksheet to make sense of what you heard, identify what's shifting, and turn your new awareness into action.

## A reminder:

A paradigm isn't just a mindset - it's the invisible filter you've been running your life through. What you do with this worksheet in the next 72 hours will determine how much of the masterclass actually sticks.



## SECTION 1

# The old story

**What were the 3-5 core beliefs or assumptions that made up your old narrative?**

*Think about the rules you were running on - often so familiar you stopped noticing them.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What has this old story been costing you? Where has it held you back or created the same frustrations on repeat?**

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\_\_\_\_\_



SECTION 2

# The new story

**In your own words, what are the 3-5 principles or ideas that most resonated with you during the masterclass?**

*Not what you think you should write - what actually landed.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What was your biggest “aha” moment? What shifted for you, and why does it matter?**

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**If you fully lived from this new paradigm, how would the way you see yourself change?**

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SECTION 3

# Writing it forward

## Three actions you'll take in the next 72 hours

*Small and specific beats big and vague. What will you actually do?*

Action	New belief behind it	How you'll know it worked

## Where do you expect resistance - and how will you meet it?

*Resistance can be internal (doubt, fear, habit) or external (other people, environment). Name it so it can't ambush you.*

Source of resistance	How I'll respond

## Your 90-day vision

What does success look like if you actually live this new story? Be specific about what will be measurably different.

Area of life	What success looks like in 90 days
<i>How I see myself</i>	
<i>Work / career</i>	
<i>Relationships</i>	
<i>Health &amp; energy</i>	
<i>Other</i>	



## My commitment

**Complete this before you close the worksheet:**

The story I'm choosing to tell from here is .....

.....

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.....

The first person I'll share this new story with is .....

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