



STORIES

Refer to the biography section of your MOW. I want you to think about the “stories” that the **Old You** told yourself as to who you are and who you were going to be. What elements of this section resonate with you?

What stories do you want your children to tell about themselves as an adult?

What programming must *you* have in order for *them* to have wildly successful stories? (This is a crucial question!)

One of the most difficult sections of this program will be to rewrite your autobiography from a new, powerful perspective. If I had said to you, “It’s never too late to have a happy childhood,” that means you have to rewrite the autobiography at a Level 10 as the ***Greatest Version of You*** with an incredible view to who you really were and what meanings are you really going to take. And this is the truth of how you really get to, “If I knew then what I know now.” Because this allows you to reprogram everything that happened to you to the design and satisfaction and level that you wish. So to begin to foreshadow that, there are seven elements that I’m going to ask you to journal on now.

The Seven Elements of a Story – define yours now:

1. Your Desire:

2. Your Main Problem:

3. Your “opponents”?

a. External:



b. Intimate:

c. Internal:

4. Your Plan:

5. Your Battle:

6. Your Self-Revelation/ Growth:



7. Equilibrium (or Integration):

(You can take this line of questioning, and examine any area of your life: your business, your parenting, your love relationship, your health, your finances, you name it... and while some might be different – you may be doing well as a parent but your health is “less than” – you will notice themes.... And for the ones that you intensely wish to change, this exercise in the *New You* section will lay out a new “story” for you to begin to tell!)

Which ones did you struggle with? Do you know why or why not?

Which ones are well worn, well thumbed over? (The ones that you tell over and over? The ones that you tend to tell hold you back, those are the ones that you tend to struggle with... are the ones that give you the greatest opportunity for success!)