



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 43 Action Guide: Rewrite Your Story

A Timeline of Your Story

Defining moments are specific experiences, or a season in life, that have made an impression on who you've become. The impact of these moments helped define your identity and how you see yourself and others. Examples include: abuse as a child, loss of a loved one, succeeding in school or receiving a major accomplishment/award, divorce, bullying/teasing, falling in love, etc.

Make a list of your defining moments (both positive and negative):

How did these moments define you?

As a result, what did you believe was true about your identity?



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Pivotal moments are specific experiences, or a season in life, that caused your life to go in a new and different direction. Examples include: sudden loss of a job, discovering your purpose, becoming the care-giver for a family member, debilitating illness or injury, etc.

Make a list of your pivotal moments (both positive and negative):

How did these moments define you?

As a result, what did you believe was true about your identity?



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Looking at your story timeline, answer the following questions:

What themes emerge as you look at your key moments?

What meanings did you attach to these stories?

Life is...

People are...

Things will always be...

What did you internalize as true about who you are/your identity?

I am always...

I will never...



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What are the beliefs you've held on to that have kept you stuck as a result of this life narrative?

What does it feel like in your body when you find yourself in one of these stories, whether actual or perceived?

How do these stories make you feel?

What are the actions and behaviors you've developed to support this life narrative?

What expectations do you have in relationships because of the story you've been living in?



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What is the new story you want to create?

What are the new beliefs that support living into the new story?

What are the new behaviors that support living into the new story?