

CHAPTER 2: Your Story Sucks... Change It

THE CHOICE IS YOURS: REFLECTION EXERCISE

Using the answers to the questions I asked you in this chapter, or anything that's on your mind in this moment, I invite you to write out your Level One story and convert it to your Level Ten story:

MY LEVEL ONE STORY "I can't/don't because..."	MY LEVEL TEN STORY "I CHOOSE to..."
1.	1.
2.	2.
3.	3.

What shifts as a result of giving yourself permission to choose a different, more energized, Level Ten story? Do your shoulders relax? Do you sense a higher degree of agency over this project or situation? Did your attitude or outlook change? Any new ideas or solutions emerge that you will choose to act on?

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To stay aligned with this new, Level Ten story, especially when the old story rears its head, here are four things to practice:

1. PAY ATTENTION:

- ✓ Notice when you're telling yourself a story that "sucks" your energy, time, etc.
- ✓ Do your best to name it. Ex: "I don't have time."

2. NEW STORY:

- ✓ Change the Level One story to a Level Ten story: "I CHOOSE to use my time wisely!"
- ✓ Use the exercise above to help you.

3. TAKE ACTION:

- ✓ Action is the antidote to fear and resistance.
- ✓ What's one step to take with your Level Ten story leading the way?

4. BE ACCOUNTABLE:

- ✓ Tell someone what action you're committed to taking and by when.
- ✓ Reach out to them at that time to share your update/progress.