

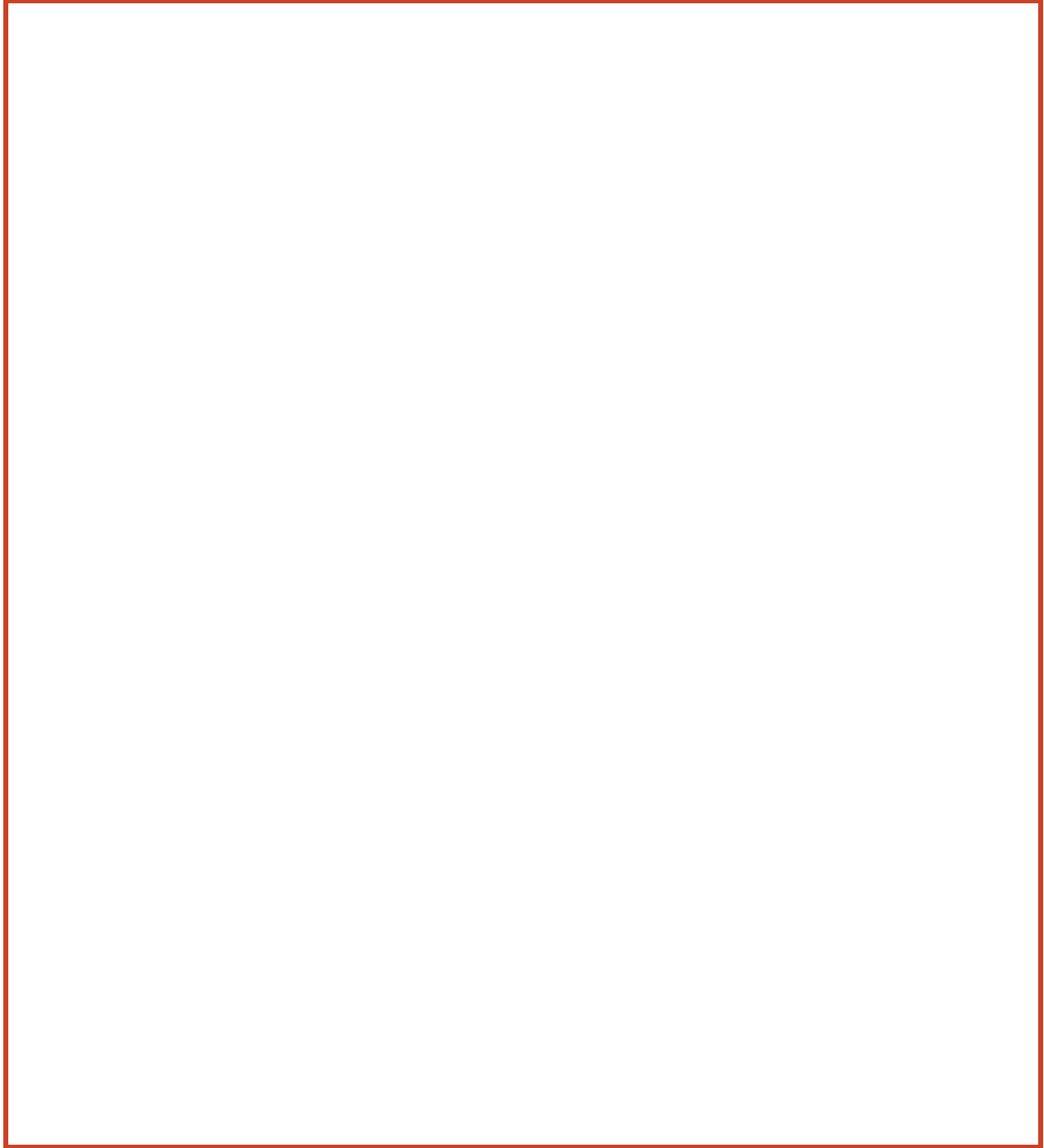
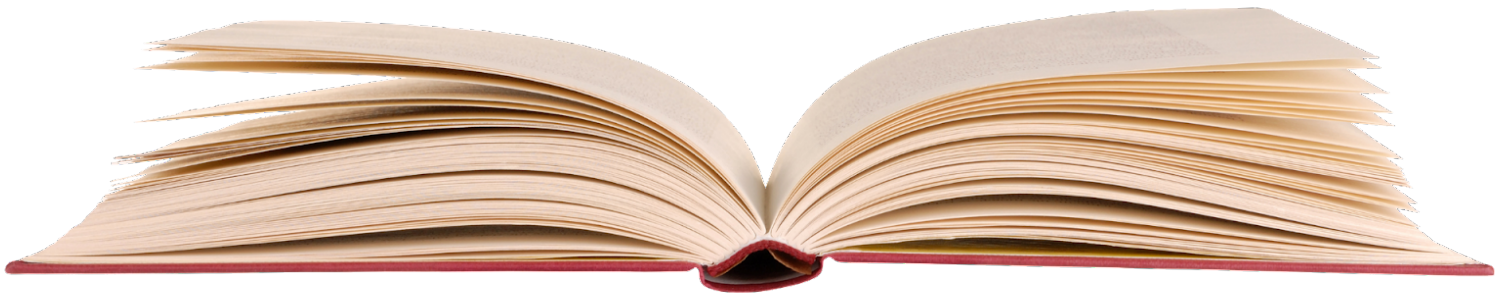
The Story of YOU Mini-Workbook

Welcome to this exploration of YOU and the unique story of your life. We are all so busy living our stories that we may not reflect on how we also get to choose how we tell ourselves and others that story! I start to sweat when anyone asks me, “*So, tell me about yourself.*” Um, where do I start? With how my grandparents met? With my non-linear work history? With how much time I spend thinking about coffee, and what I think that says about me? How much time do you have? The blank page can be terrifying with its too many possibilities. I want this workbook to be a safe space to play with any possible exploration into your own storytelling. We are always rewriting our story, whether because we’ve come to a new understanding about something in our past or current life, or because of a choice we are making for our future life. And that’s how it should be. Your story is yours. And one of the most profound things you can do in life is to know your own story and the power you have in understanding it, caring for it, and sharing it.

Let’s get started. Begin describing the story of becoming yourself. You can tell it any way you want: through scenes, drawings, bullet points, sand art. Here are some prompts if you want help getting started, but don’t limit yourself to these questions. If there is another way you’d like to talk about how you became the YOU that you are now, that’s exactly the right way to go about it!

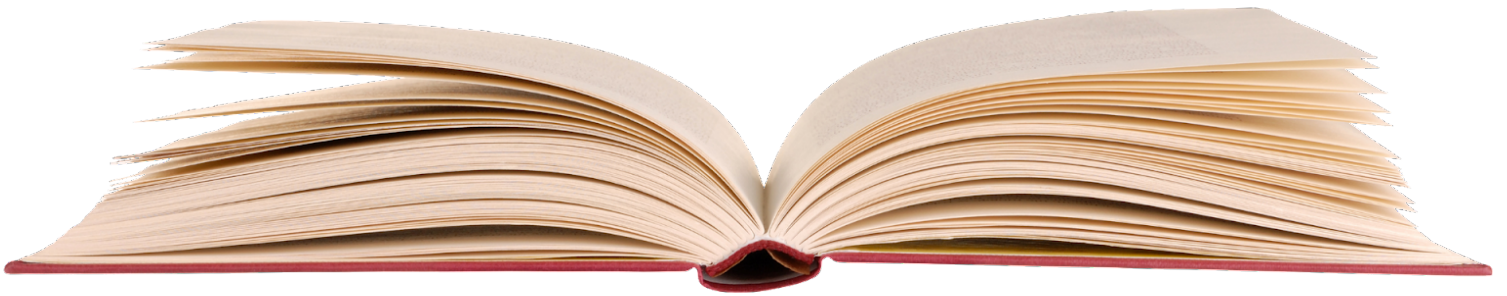
- What lit you up when you were a kid?
- What did you purposely try to outgrow?
- What are the biggest challenges you have faced?
- Who were the people who shaped you?
- What did your family value?





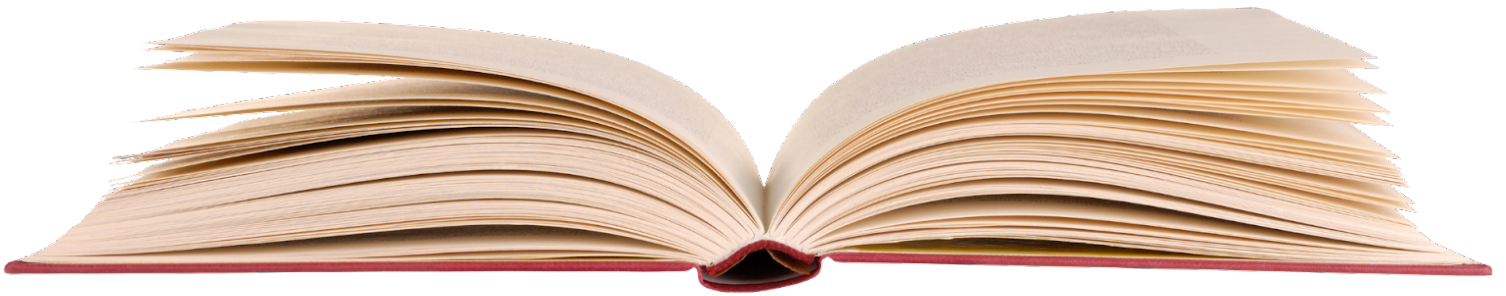
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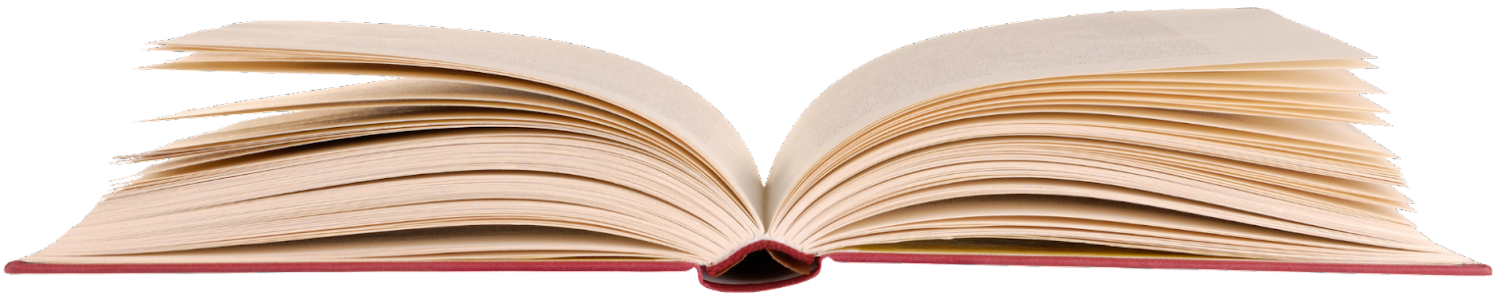
Where are you in the story of becoming yourself right now?





We collectively went through a giant transition in these past several years. The pandemic and all its after-effects shifted so many things all around the globe. We also each had a very personal, unique experience in that transition. Each of those personal experiences are valid. Each of those are worthy of being witnessed and shared and learned from. What was your experience? How did the experience of the pandemic affect you? Change you?





What do you want the NEXT chapter of your life to:

Look Like?

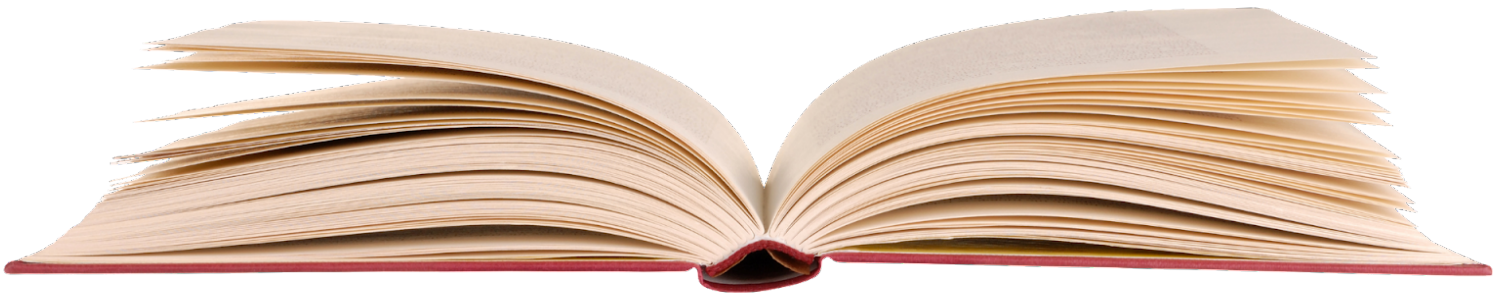
Feel Like?

Smell Like? (yes, it's weird!
But try it on and see if
anything comes from it)

Taste Like?

Sound Like?





What's one thing you can do this week to get started on making that dream for your next chapter of life a reality?

Would you love some support in creating that beautiful next chapter? I'm available for 1:1 coaching to take that vision and shift the things needed to make it a reality. Reach out using the link below to set up a free discovery call to discuss what's possible. And even if you are not ready for 1:1 coaching, I'd love to hear from you about what this storytelling process created for you!

Click [HERE](#) to connect

