

JUNE JOURNAL — Living a Beautiful Story

“The stories we tell literally make the world. If you want to change the world, you need to change your story. This truth applies both to individuals and institutions.”

— *Michael Margolis*

1. **Go back to your list of beliefs, and pick one of the not-so-beautiful ones. Then find a specific example of when you last felt that way in your life. A time you can recall in some detail.**

2. **Think about that specific incident and give the facts, and only the facts (no emotions or opinions, just the exact words that were said/ the exact actions that happened, etc:**

“My boss said that I was late & wrote me up.”

3. **What did you make that mean? (This is your story)**

“I can never get along with authority figures. I’m not competent at my job. He doesn’t value me.”

4. **Now close your eyes get still, and say that story from #3, to yourself and just notice in your body, how that makes you feel:**

“I feel fluttery in my chest and my throat gets tight —I get really anxious.”

5. **When you think that story & feel that emotion list all the different ways you respond, react, and all the actions you do (and don't take):**

"I give my boss the cold shoulder.

I'm embarrassed and I avoid my coworkers.

I spend my day complaining to my work buddy.

I'm so nervous I usually make a couple of mistakes I don't usually make."

6. **Now notice, what is net result of those actions? Do you end up proving your story true?**

"I end up spending more of my day worrying, complaining and I'm not in my office when my boss goes by... Plus I don't feel as competent when I make silly mistakes because I'm also stressed out."

Keep this sheet handy for tomorrow as we're going to re-imagine this story of yours into something far more beautiful. It's going to be fun! So watch out!