

# Rewrite Your Story

## Write Down Your Old Definitions

**Write down whatever you would say “I am” to.**

What is your your job description, your hobbies, your likes and dislikes, your fears, addictions and everything that you believe adds up to what you now perceive as being you.

**Example: Write down: “I am...”**

Single

Financially unstable

Poor in sports, math

Afraid of spiders

Glamorous

Comedian

Weak in approaching new people

Etc.



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## Use Doubt

### **For Each Label Ask Yourself:**

Is that label who I really am? Is it just a definition,  
a label I have accepted until now?

Use doubt here creatively.

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## Is it Beneficial?

If you accepted it as a label, ask yourself, is this label, this definition beneficial for my further growth or not? Listen to your gut feeling. You know the answer deep inside.

Learn to trust that intuition in your gut.

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## Create an Alternative Definition

If any labels don't benefit you, come up with an alternative Definition, that would excel your growth.

Instead of “financially unstable” you might call yourself “Money Magnet”

## Daily Mantra

“Up to this day I have been a ...  
*insert your old label.*”

“From now on, I am ...  
*insert your new label.*”



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The background of the page features a close-up photograph of vibrant green grass blades. At the bottom, a portion of a light-colored wooden surface is visible. A white rectangular box is positioned at the top center, containing the title. Below the box is a large white rectangular area with ten horizontal black lines for writing.

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