

READY FOR CHANGE

IDENTIFYING STORIES

1

Watch the Values Training and create your values statement.



Then ask yourself - how aligned is your current reality to your values?



If it's not particularly aligned, write out a list of reasons why it isn't.



Then highlight all the TRUTHS in this list. What is TRUE here and what is a STORY?

2

Choose ONE AREA of your life where you'd like to see most change. Perhaps the area that would lead you closest to your vision, if you have a clear one.

Otherwise pick an area - relationship/work/parenting/fitness/health.



Write out the reasons why you have not been able to change in the past.



Then highlight all the TRUTHS in this list. What is TRUE here and what is a STORY?

Next week we learn what to do about these stories - but for now - get very clear about what you are telling yourself.