



# Edit Your Story Exercise

Transform Your Narrative, Reclaim Your Power

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## The Power of Personal Narratives

The stories we tell ourselves shape our emotions, decisions, and sense of possibility. This exercise helps you identify limiting narratives and consciously craft empowering alternatives.

### Step 1: Identify Your Current Story

Think of a challenging situation you're currently facing. Briefly describe the story you're telling yourself about this situation.

The Situation:

My Current Story:



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## Step 2: Quick Analysis

What emotions does this narrative trigger?

What assumptions am I making that might not be fully accurate?

How does this story limit my options?

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## Step 3: Create Space Through Mindfulness

Before editing your story, take three deep breaths. Observe your thoughts about the situation as mental events, not absolute truth. Remind yourself: "This is just one possible interpretation."

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## Step 4: Craft Your Revised Story

Create an alternative narrative about the same situation that is realistic, empowering, open to possibilities, and compassionate.

My Revised Story:



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## Step 5: Action Steps

Based on your revised story, identify 1-3 concrete actions you can take:

- 1.
  - 2.
  - 3.
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## 7-Day Practice

For the next seven days, commit to:

1. Noticing when your old story arises
2. Pausing before automatically believing it
3. Consciously choosing your revised narrative
4. Recording insights about this process

## Daily Reflection Space:

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7: