

Story



"You define your own life. Don't let other people write your script."

Oprah Winfrey

- Most of us have created a narrative that explains who we are and where our life is going. It's how we make sense of the world. What story does your life tell? Is it the life story you were expecting?
- Do you feel as if you're writing your own story, or that it's being written for you?
- Would it give your life more meaning if you thought of yourself as its leading lady, or a hero on a journey?
- Who would play you in the film of your life? Why did you choose that person? What qualities do they have that you admire?
- Most stories are complex, with many twists and turns. How open are we to new possibilities in the story of our lives?
- Does it help to think that our life stories are written in chalk, not ink, so they can be changed?

"Step into the new story you are willing to create."

Oprah Winfrey