

What's your story?

"Good stories stay with us forever" JK Rowling

What stories do you tell yourself?

Do these stories support and empower you?

If not look at where they have come from. Are they really your stories or something you have collected from other people's views or experiences? Look at what drives your stories – is it fear, do you really believe them to be true?

Your stories are your choice; they are what you tell yourself – if you don't like them change them!



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What stories do you need to believe about yourself to succeed?

These are the things you kind of think are true, but don't quite like to admit; they are also sometimes the person you want to be, or once were. Pay attention to these stories, remind yourself here in the present tense and look at how you live those stories now – even if it's only in a small way.

Find the evidence

We believe what we pay attention to, where our focus is, and the stories we tell ourselves are no different. Go out and look for the evidence to support the stories that empower you, those that carry you in the direction of your dreams or goals. Start here by recording what evidence you need to focus on so that you can really believe the useful stories you tell yourself and change those that no longer serve you.

Remember, your thoughts create your reality – choose them wisely.



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