



REWRITING YOUR STORY

CHECKLIST

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Recognize them

- Identify thoughts hindering your personality and success.
- Document them and explain why they pop up in your mind

Explore Origins of Limiting Beliefs

- Who has said things that may have created these limited beliefs (identify them)
- Distance yourself from negative people who may be fueling those negative limiting beliefs
- Forgive them in your mind. But don't keep their negative thoughts alive.

Challenge and Reframe

- Seek mentorship or assistance from someone who can help you with what you're struggling with.
- Transform limiting beliefs into positive affirmations
- Write down 3 to 5 different affirmations or statements alternative to your limiting beliefs

Create Alternative Statements

- List up to 5 limiting beliefs
- Note origins and reframe with positive alternatives
- Be mindful of any limiting beliefs and thoughts that may pop up

Repeat Positive Affirmations

- Embed alternative statements in your mindset
- Counteract limiting beliefs with repeated positive thoughts
- Perform these in the AM or PM, whichever is more convenient

Visualize Your Best Life

- Envision a detailed picture of your desired life
- Be realistic and focus on concrete details
- Write down your vision on a piece of paper or in a notebook

Set SMART Goals

- Understand SMART: Specific, Measurable, Achievable, Relevant, Time-bound
- Prioritize one area for improvement at a time
- Plan your bigger goal and break them down into smaller ones

Adopt a Proactive Mindset

- Plan and take consistent action
- Embrace setbacks as learning experiences
- Seek advice from mentors and others if you're stuck on something. Always keep moving

Iterative Approach

- Focus on progress, not perfection
- Adjust and improve based on results and experiences
- Review any measurable data (if available) and make strategic decisions going forward regarding your goals

Imagine Your Future Story

- Envision the narrative of your best life
- Reverse engineer and describe struggles and achievements
- Write it down as if it were real. This will create a tool of inspiration

Take Action and Reflect

- Act on set goals
- Document setbacks, lessons, and improvements
- Look back on what you have accomplished up to this point

Readjust Your Narrative

- Compare initial narrative to reality
- Acknowledge positive changes and growth
- Focus on telling the positive more and avoid the negative

Build a Support Group

- Surround yourself with believers
- Create a list of people you trust and include them in your group
- Seek support during challenges and celebrations

Simplify Your Approach

- Focus on one area at a time
- Avoid overwhelming yourself with multiple changes
- After one area of your life is improved, focus on another major area

Reject Overnight Success Myths

- Understand that success takes time
- Acknowledge the effort behind every achievement
- Continue to work hard at achieving your goals

Accept the Journey

- Recognize improvement is a long-term journey
- Maintain a positive attitude throughout the process
- Be open to share your journey with others if they are willing to listen

Choose Your Starting Point

- Decide which aspect of your life to improve first
- Progress in one area fuels motivation for others
- Remember that everyone has started at zero. Those who take shortcuts won't handle challenges better than you do

Embrace Momentum

- Build energy from initial improvements
- Use momentum to drive continuous positive change
- Keep going with the improvements until you are satisfied with your life