

May 4 Ijournal

Who are “They” and Why are “They” Doing this To Me?

Are you telling yourself a story about your life that is limiting you from being who you really are, creating the impact you are capable of making, and achieving what you dream of accomplishing?

Whether our stories are the result of one poor choice, lifelong patterns of thought or the aftermath of a tragic event, we can re-write them and reap the rewards of living an intentional life.

- Write down a result you want in your life but don't have. Be very specific, and avoid weak words and phrases like “try,” “I think,” or “I hope.”
- Next, list all the reasons you don't have the result now. Cross out the ones that the wise part of you knows are simply untrue, made up or no longer valid.
- For the ones that are real, create an action step—a small one. Write as many action steps as you can think of. Number them, either in priority order or easiest first. Then pick one to complete this week.
- Practice telling your true story the way Susan and Andrea told theirs at the beginning of the **show**. What's different about your story now?