

Rewrite Your Story

Identify your story

What story do you keep telling yourself?

What is it that you find yourself ruminating over on a regular basis?

Rewrite the story

What words can you use to rewrite your story into one that is more positive and helpful?

Look for the evidence

What evidence can you think of that supports your new story?

What facts can you think of that prove that your new story is correct?

Take steps that align with your new story

What steps can you take to support and strengthen your new story?

- ---
- ---
- ---
- ---
- ---