



The What's My Story?

This worksheet will help you be conscious of the Stories and Judgments you have created around your life and your business.

What are some of the "mottos" I live by or that most resonate with me? (Ex. "It's hard to find good help, No one does what they say they will do", etc)

1. _____
2. _____
3. _____

What are some situations where I have felt angry, frustrated, hurt, disrespected, weak, righteous, or judgmental? No trying to look good here, be authentic!

What is a situation where I feel now, or have felt in the past, that I am blocked, trapped, or stuck? (Ex. Things are hard, etc)

1. _____
2. _____

Are there areas of my business or my life that I feel I have no control over? Describe briefly:

1. _____
2. _____
3. _____

Are there themes that show up over and over for me? (Ex. "People don't support me, overspending and feeling guilty, etc.)

1. _____
2. _____

What are the outside influences affecting me right now? (Ex. "Interest Rates, Stock Market, Weather, etc)

1. _____
2. _____