

“The Story of Your Life” Worksheet

Name: _____ Date: _____ Worksheet #: _____

1. Write the story of your future life, in present terms (I am...).

a. Describe your employment: I am _____

b. Describe your living situation: I am _____

c. Describe your relationships: I am _____

2. List your current false “Being” that needs to shift for you to achieve the above life.

a. I am _____

b. I am _____

c. I am _____

3. List the “Being” you will need to “Be” to “Be” Successful (opposite of #2).

a. I am _____

b. I am _____

c. I am _____

4. What will you do to support your shift in “Being!!!”

a. e.g., I will begin thinking like my successful “Being” (Inner Directed).

b. _____

c. _____

d. _____

NOTE: BE SURE TO CHECK IN WITH YOUR INTERNAL GUIDE DURING THIS PROCESS