

Change Your Thoughts By Changing Your Stories

- ❖ In the first column, list the narratives you tell yourself that are holding you back.
- ❖ In the second column, retell each “story” in a way that empowers you to achieve what you want.

List the Negative Stories You Are Telling Yourself

e.g., I wasn't born with a silver spoon in my mouth or an impressive contact list, so I'll never be as successful as those who were.

1. _____

2. _____

3. _____

4. _____

Create a Story That Serves You Better

e.g., I am strategically pursuing success, delivering value, and growing my own network, so I can turn my future into anything I want it to be.

1. _____

2. _____

3. _____

4. _____

Surround Yourself With Successful People

- ❖ In the first column, write down the names of people in your life who display a growth mindset and positive attitude – people who lift you up and energize you.
- ❖ In the second, list people whose negativity, anger, or sour grapes suck the life and energy out of you.
- ❖ Consider how to spend more time with the first group and eliminate (or limit the impact of) the second.

The “Positive Energy” People in Your Life

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

The “Negative Energy” People in Your Life

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____