

REWRITE YOUR STORY WORKSHEET

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1. What negative story have you dealt with in your life and why?

Example:

The negative story I've been dealt in my life is being placed in the foster care system. I felt unloved by my foster mother who verbally and physically abused me, causing me to feel a sense of hopelessness. The other story that was dealt to me is growing up without a loving mother. Instead, I had a foster mother who was cold, and my bio mother struggled with years of a drug addiction.

2. How has the negative story caused you problems in your life?

Example:

Feeling hopeless and unloved caused me to have self-doubt and suicidal ideations, as well as lack a sense of meaning for my life. I allowed people to treat me poorly and remained in unhealthy relationships with friends just to gain acceptance, even when I knew I was sinking inside. I would brush it off with a smile for fear of rejection. Since I was afraid to stand up for myself, my peers didn't respect or value our friendship.

3. The next exercise is writing “your strategy.”

How would you like to rewrite your story that will allow you to triumph and succeed in life? This is your time for self-reflection, evaluating your education, business endeavors, decisions, and friendships. Just as I took an in-depth evaluation of my life and considered how I’d like the rest of my story to play out, rather than someone else’s perception or dictation of my life.

Congratulations on completing the first steps to rewrite your story.

To connect with me for coaching, or to book me for speaking engagements or other events, please go to www.soaringeaglesyfs.com/contact.

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