



MODULE ONE PRACTICE WORKSHEET

Creating Stories to Generate Success

Recall a current situation where you are presently experiencing difficulty or frustration. Describe the situation.

Pick something significant but not overwhelming, to create an easy win. Your challenge? To shift your experience of this situation from surviving to thriving by the end of the week. You can move on to more significant challenges as you increase your level of mastery.

Identify the story you've been telling about the situation and the people in it.

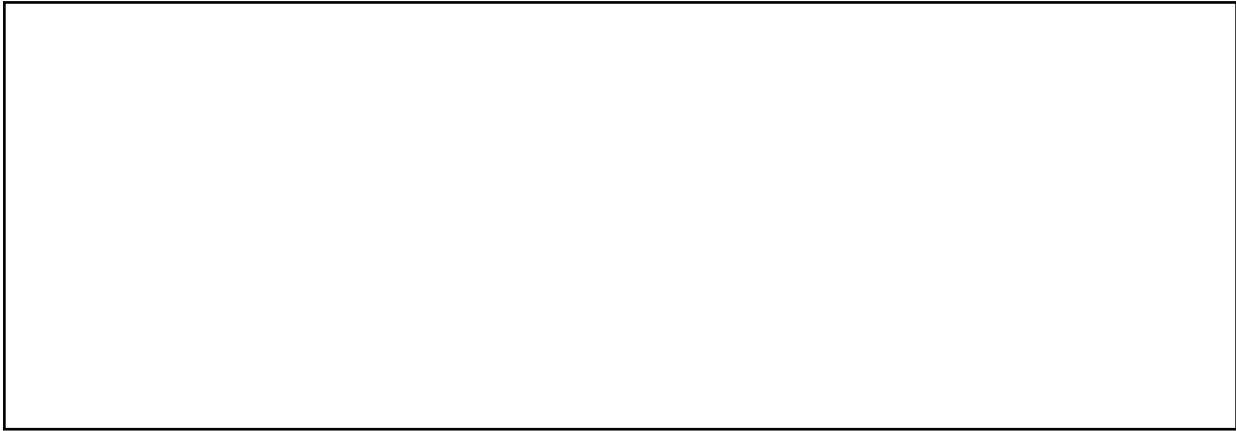
Is it a drama, a thriller, a dark comedy, a complex romance, a disaster movie? What role are you playing? You might be a frustrated boss, a disgruntled employee, a disinterested bystander, a concerned brother, etc. What roles have you assigned to others? Have you cast an oppressor, a weakling, a traitor, a best friend, etc.

What's your pay off? What are you getting out of this story as it's currently being played out?

Are you enjoying the attention? Are you feeling self-righteous and proud, fighting the good fight? Are you punishing someone for behavior you don't condone? What are you getting out of the situation you have created with your story?

Acknowledge that you are experiencing a story you authored, not the pure facts, and that you can create a new story.

You are experiencing your story about this situation. How does it feel to acknowledge this? What might stop you from creating a new story?



Write a new story.

Imagine a positive outcome for this situation. Now, working backwards from this new ending, start rewriting. What might lead to this situation being resolved, with everyone feeling positive about how their needs and interests were respected and addressed?



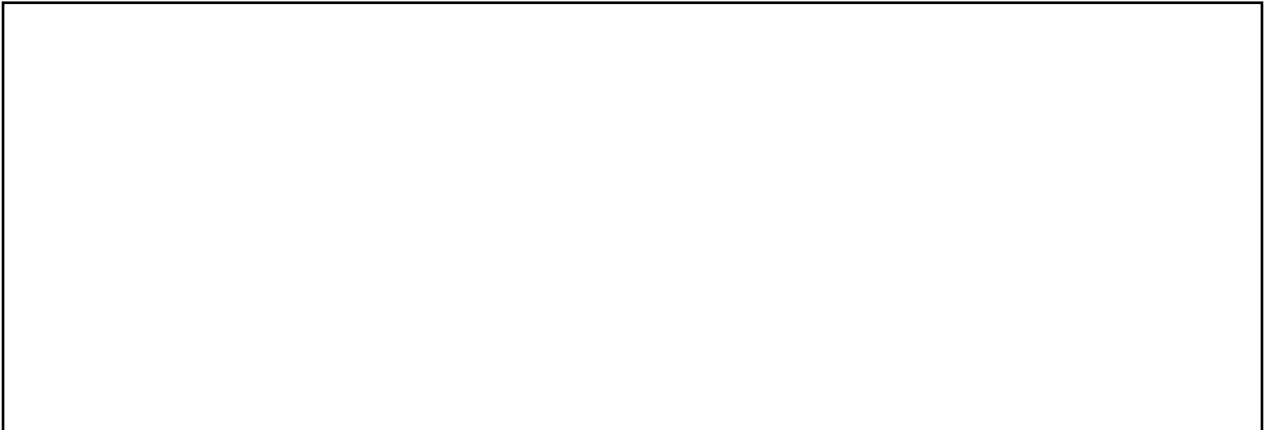
What role do you need to play for things to go a better way?

What will you do and not do? What will you say and not say that will lead to the outcome you just imagined? This is the internal work your character does to set up for a breakthrough. It's a moment in movies that we always enjoy, when we begin to see the hero emerging in their power.



Who will you need to partner with to help you stay on track?

Imagine finding and aligning with a trusted ally. A friend or colleague, someone directly involved in the situation. Share with them your desire to have the situation resolve productively.



See yourself experiencing things going the way you'd like them to go.

This is the technique coaches have athletes use to bring their mind and body into coherence: they see the goal already successfully being accomplished.

Imagine yourself smiling and feeling good—maybe even being amazed—at how well this is turning out. Feel the sense of gratitude, relief, and appreciation you have because it's gone so well.

Enjoy this feeling for a few moments.

Let yourself soak in the feeling of your success. Keep imagining that your challenge has been successfully completed.

Keep your new story alive.

Consider how you will keep your new story alive. Suggestions: listen to the daily audio coaching programs and focus on this situation. Make a commitment to consciously recall the new story prior to physically engaging with the circumstance. Other ideas:



The Four Top Tips for Creating Stories to Generate Success

1. The Pattern Interrupt

We go unconscious when we forget we've told the story we're living. We often sustain our amnesia through busyness and distractions. The moment you feel any degree of uneasiness with what's occurring, try interrupting what's going on somehow. It could be as simple as standing up ... or sitting down; taking off your hat, or excusing yourself to visit the washroom. Anything could work, the point being to become conscious by taking control of the situation, even through a seemingly inconsequential action. It's a beginning.

2. Ask yourself: "Who am I in this story right now?"

Imagine your situation as a movie scene on the big screen. There you are. Who are you in this scene? Are you the hero (in which case you'd be acting like a hero)? Are you the villain? You might be surprised to realize you're acting like the villain. Are you a passive bystander, a mere spectator in the drama that is unfolding. Once you're identified the role you are playing now, you can choose to play a different role in your life movie.

3. Who are your allies, what are your resources?

Even lone wolf heroes enroll allies. In any moment, there are probably people nearby who can help you, if you invite their assistance. That's part of your new story, engaging with others. What assets can you access, resources to help you shift the situation? You might remember similar prior challenges you handled well. You might recall a mentor. Connect with something or someone that increases your confidence, support the shift out of your comfort zone into a more adventurous experience.

4. How do you want this story to end?

Think about the outcome you want. Once you've identified the goal you are aiming for, you have a target to navigate towards. If you're not immediately aware of your optimal ending, consider a range of what *could* happen. Examining options can often help you discover what you *really* want as a final outcome.

You can shift from surviving to thriving by acknowledging that you are the author of your life experience and that you can create a new story any time you choose. Remember to begin practicing with simple stories and graduate to more complex situations. Practice makes perfect.



For more information and additional insights, read Chapter One: The Power of Story in the study manual based on our book, [12 Essential Practices for Thriving in Business and Life](#), provided as a downloadable pdf file with this program.