



## Rewrite Your Story Process

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1. Reflect on when this hurtful event happened and what you did to feel seen or appreciated for your high-value gifts.
2. How would you have liked to work it out so that you FELT seen and appreciated?

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3. Rewind in your mind back to the point right before the hurtful event happened. To a place you felt neutral.
4. Rewrite the story so you imagine and FEEL it playing out, so that you are appreciated and seen for your high-value gifts...
5. Breathe this feeling of love, appreciation, and fulfillment throughout your body and let it radiate out into space around you.
6. What is one Inspired Action you can take to support you in your new story?

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