



Your Hero's Story

Tune into your heart and tell yourself the truth...

Key Pain Point:

I was at my lowest/most frustrated/most challenged/most stuck point when I was _____.

Hero State:

I was craving _____ and _____ in order to have/achieve _____.

The Required Shift And Transformation: I had to shift from _____ to _____.

Resources Used To Overcome:

To learn more about this, I turned to _____, _____, _____.

Your Expertise:

When I achieved/made it changed _____ and I shifted to _____.

Core Feelings:

When I achieved that outcome I felt _____, _____ and _____.

Zero State or Key Pain Point to Hero State:

I went from being _____ to feeling _____ so that _____.
