

What stories are you telling yourself, and how can you rewrite them?

Answer the following questions and honestly and thoroughly as you can. They'll help you zero in on the stories you're telling yourself about who you are and what you're capable of; how those scripts are limiting you; and how to rewrite them and create real, positive, lasting change in your life.

Your self stories

What kind of person would you say you are, right now?

What kind of person do you want to become?

How could you start living as if you were that person you wanted to become?

Your failure stories

What do you feel like you've "done wrong", or "screwed up", or "failed at" over the last few weeks?

Why haven't you achieved your goals already?
What's blocking you?

OK, now, turn those mistakes around and try on a growth mindset. What do these mistakes tell you, either about yourself, or what you might need in order to be successful?

If you were going to be your own coach, what would you suggest to yourself?