

# *Rewrite Your Story*

This workbook belongs to

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## *Your Personal Contract*

I..... am ready to commit to myself and the Rewrite Your Story programme for the next 28 days. I understand that only I have the power to change my life, and I'm ready to show up for myself the best I can. I promise to be kind to myself throughout the process and to approach the programme with love and curiosity.

I..... am worthy of becoming the woman of my dreams.

# Pre-Workshop Exercises

My main goal for Rewrite Your Story is:

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The reason I want and deserve this for myself is:

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Where I am now, In comparison to where I want to be is:

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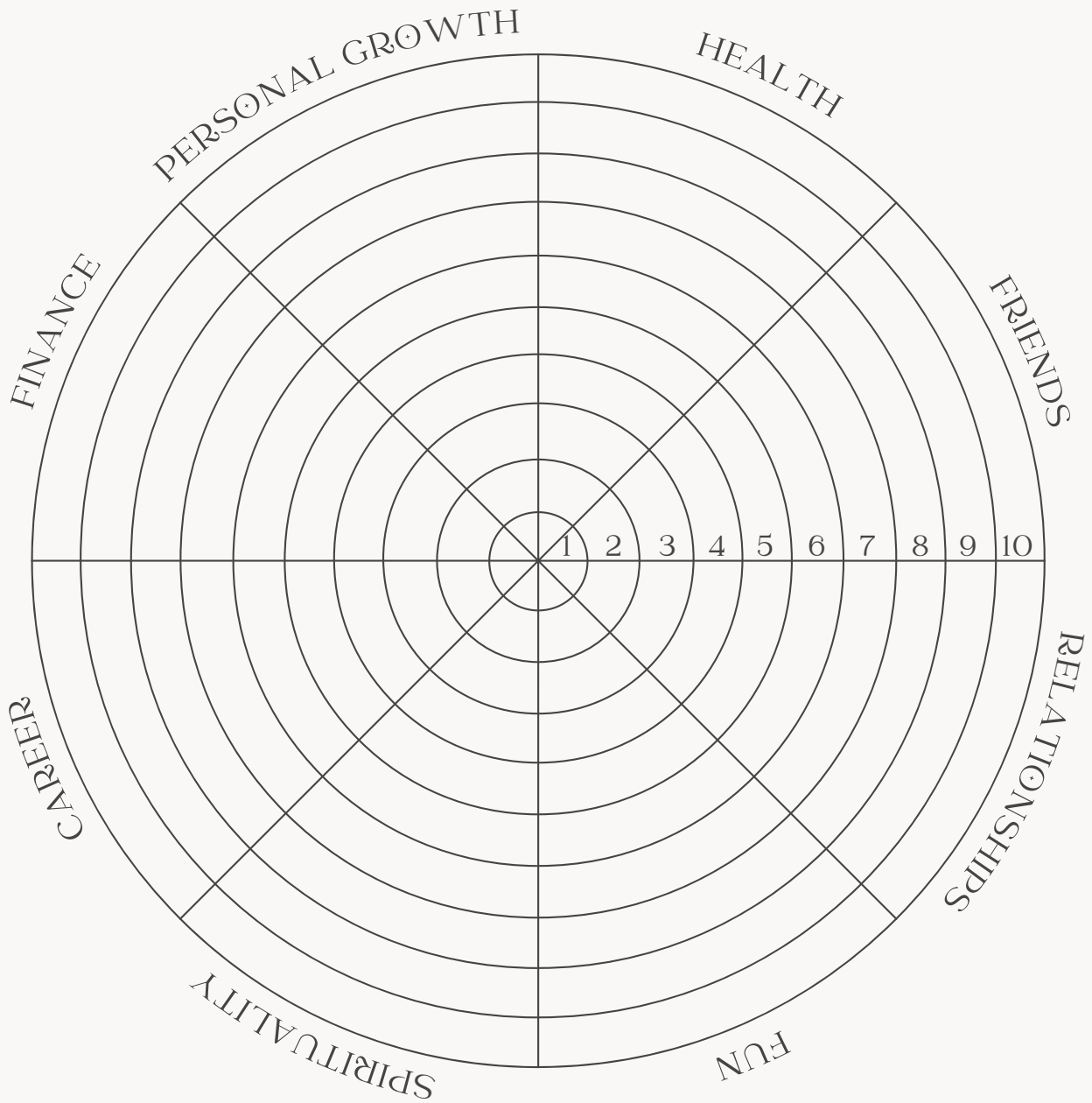
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If you struggled to answer the above questions, don't worry; the following exercise will help.

# WHEEL OF

# LIFE

RATE OUT OF 10 WHERE YOU FEEL YOU ARE FOR ALL THE TOPICS IN THE WHEEL BELOW. ONCE YOU HAVE RATED EACH AREA, SHADE IT ON THE WHEEL OF LIFE BELOW. FEEL FREE TO SWITCH UP SOME OF THE TOPICS TO MAKE THEM MORE PERSONAL.



Choose 2/3 of the topics you most want to improve on from your completed Wheel of Life, and fill in the exercise below.

Current situation or area in your life you want to change/address	The impact it's currently having on your life	Desired feeling or outcome you want to achieve

*Workshop One*  
Becoming aware of  
your Ego



What negative thoughts come up most about yourself?

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What negative beliefs appear most about your abilities?

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What do you doubt yourself about the most?

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What do you think other people think about you?

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# Mask

What masks do you wear for the world?

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Choosing one or two of your most significant masks, answer the following:

How has wearing this mask positively and negatively impacted your life?

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How does it feel to wear your mask every day?

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Write about an occasion you remember it impacting your life most.

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What do you fear most about taking off your mask?

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The biggest take away from workshop one, and things to go away and think about.

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*Workshop two*  
Letting go

# *Behind the mask*

Bring to mind the most dominant mask that you wear for the world.

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If you were to remove the mask and be your truest self, what are you most afraid of? In the box below, first ask yourself the above question, and once you have finished writing, ask, 'If that happens, what am I most afraid of?'. Continue asking that same question until you feel you have reached your limit.



Write about what came up for you in the meditation. What was the memory? When was it? How did you feel? Are you shocked or unsurprised that this came up for you? Which of your needs were unmet?

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What did that version of you need to happen at the time? What did she need to hear? What did she need to feel?

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The biggest take away from workshop two, and things to go away and think about.

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