

REFRAMING

Beliefs

THE STORY BOARD



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INTRODUCTIONS

Mindset

We are born whole and balanced, completely connected to source, expressing our emotions freely, and living our full potential. As we grow up we start to become influenced by stories around us. It is very important to identify what stories influence our lives, so we can let go of those that negatively affect us, and reinforce the stories that build up value. You can give this exercise to your clients as homework, or work in the session with them. Working with clients on the mental level is helping them come up with upgraded beliefs and letting go of old limiting beliefs. Before we do that, we have to get an idea of what their story is.

****Find a quiet comfortable place to sit where you won't be interrupted for this exercise.****

STORY BOARD

1. I begin by making a timeline of your life. Draw a horizontal line across a sheet of paper. Write "Birth" on the far left side and "Today" on the far right. Like this:

BIRTH

TODAY



2. On that line, mark down significant life events and the corresponding age. For example, Age 6: Parents Divorce. Age 14: first broken heart. Age 18: Started College

3. After you map out these significant events, take a moment and look over them. What do you notice?



Answer the following questions for each event.

We will work with 5 significant events in this workbook, but you can add as many as you wish.

Significant Event 1:

Age:

What belief system formed from this life event?

Significant Event 2:

Age:

What belief system formed from this life event?

Significant Event 3:

Age:

What belief system formed from this life event?

Significant Event 4:

Age:

What belief system formed from this life event?

Significant Event 5:

Age:

What belief system formed from this life event?

[illegible]



Once you finish, take a moment in silence and send gratitude for your story. Feel appreciation for your past, and TRUST that you have the power to change your present and create your future!

UPDATING YOUR STORY

Ask yourself these 5 questions to get rid of old limiting beliefs.

1. Where did I learn it?

2. Is it really true?

UPDATING YOUR STORY CONT'D

Ask yourself these 5 questions to get rid of old limiting beliefs.

3. What's the payoff of believing this belief?

4. How would things be different if I stopped believing this belief?

5. What's a new belief that I can start to believe that moves me in the direction I want to go?
