

# Our Stories

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Use the following prompts, accompanied by the Ladder Exercise and your journal, to begin alchemizing the stories that no longer serve you. This is where we dig up our stories, examine them without judgment, get curious about where they came from, ask *is this true?*, and then ask for it to be transformed into what is of the highest good for us - **and true.**

Look back at your responses to the *I Am* exercise. Choose a label to explore in more depth. Where did this label come from? Is it yours or was it placed on you?

How does this label feel in your body?

Does this label feel true for you?

Is this a label you wish to keep?

If this label doesn't feel true, be willing to release it by offering it up to be transmuted. Speak aloud or to yourself, or write *"I am willing to release this label that no longer serves me. I see the purpose it may have served but it is not true for me. I am living more authentically as my true self. And so it is."*

If it feels right for you, practice the releasing ritual included as a Resource to release anything that isn't serving you in a tangible and grounding practice.



