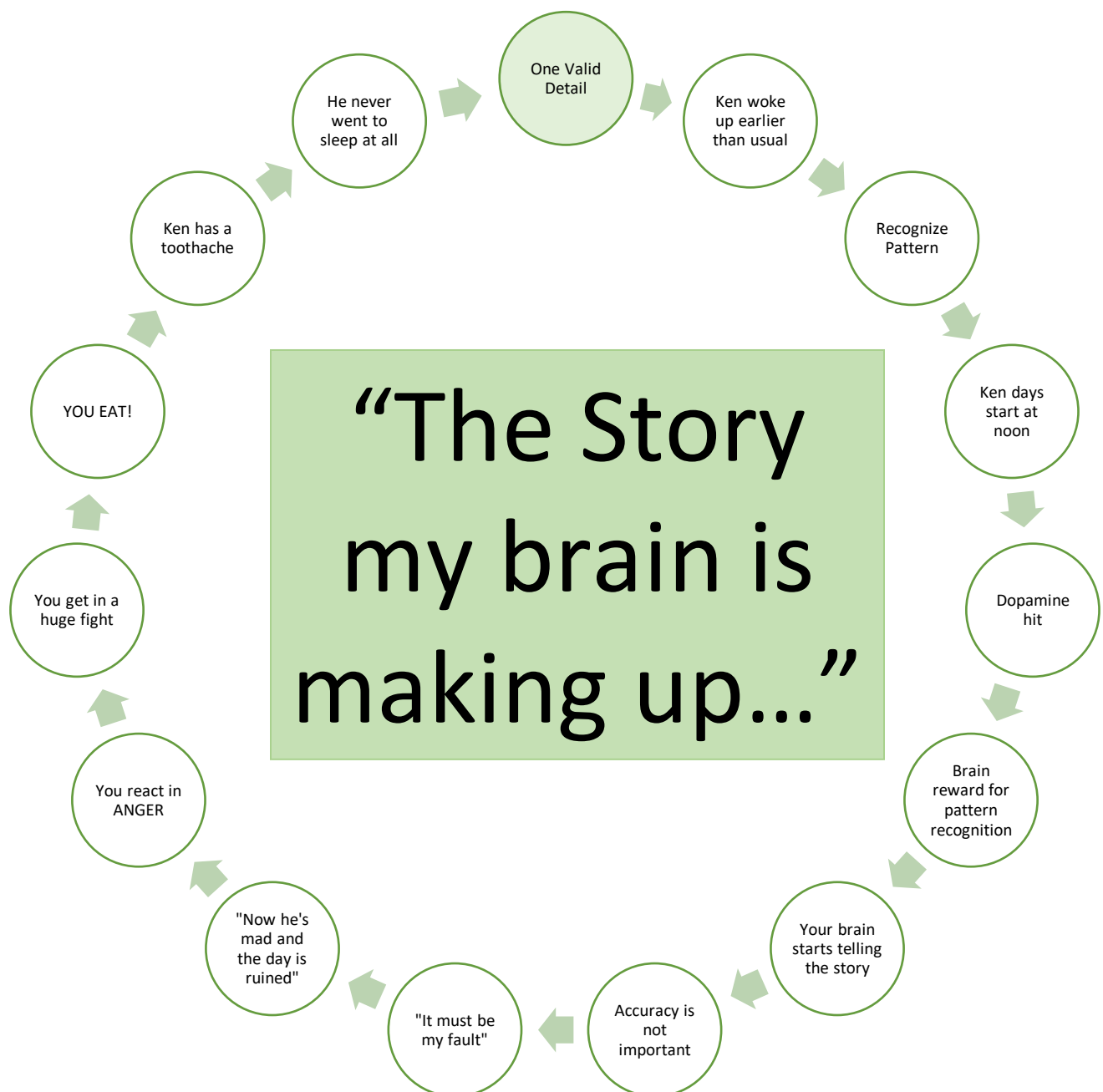


Storytelling 101

Stories are how your brain creates order out of chaos.
It takes the pieces it knows and makes up the rest.

Accuracy is NOT important. Patterns are important.

Taking ownership of the stories your brain creates is a game changer.





What story does your brain make up about these situations? What other stories might it be wrong about?

1. Spouse is late getting home
2. You are the only one on your team not invited to the meeting.
3. Your sister gives you that “look”.
4. You get no response to your dating profile.
5. You can't find your wallet and keys.
6. A friend does not answer your text.
7. The waitress doesn't respond to you.
8. The car behind you is tailgating you.
9. Your mother comments on your outfit.
10. You hear a noise when you're home alone.