

— YOUR *signature* LIFE —

MODULE 2

LESSON 2

In this lesson we examine the stories you've been telling yourself as well as the beliefs you've adopted that greatly influence your experiences and outcomes. We also look at the ways in which you can begin to shift your paradigm to one that is self-promoting.

1. Think of the themes or scripts that are challenging you in your life. Do they relate to your relationships, your work, a dream you may have or even the way you present yourself? Plug one of these scripts into a typical example for yourself.

A common script includes...

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2. Where might this script come from? Could it be an assumption?

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3. Think about what is happening when this script typically triggers you. What is the circumstance?

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4. Now, examine how you usually feel in this circumstance. What does it feel like to play this script in your mind?

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5. Reflect: What is the typical behaviour that you've chosen to act upon as a result of the thoughts and feelings described above?

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By now you've examined a script from the angle of a typical circumstance and its resulting feelings and behaviours. Chances are, this script is not serving you or anyone else, no matter how "true" the script may feel. So, now it's time for you to challenge your script and choose a different way of framing it.

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6. What is an alternate way of thinking about your script? How can you reframe it into a thought that is both believable and self-promoting?

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Note: You might begin to do this by thinking about how you can leverage whatever beliefs you already hold that support your reframed script. The key is to challenge your script while also basing your reframing in something that you already know to be true so to create momentum in the right direction.

The next time you face a triggering circumstance, try this process of reflection and reframing. Check in on how you feel and choose to respond, and note whether there is a difference from past responses. In time and with regular practice, your script will transform into the evolved version you feed yourself.

