



Soulful Storytelling

Week 1: What's Your Story?

Workbook

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Uncovering the foundation of your message

1. Who are you?
2. What do you most want people to understand about life?
3. Why does it matter?
4. What are the facets, or more surface elements, of that message?

Example:

1. I am a writer, a spiritual seeker, a woman, a survivor of cancer, depression, and emotional neglect. I am fighter. A lover. Someone who's passionate and quirky, kind of crazy, but who works every day to embrace herself exactly as she is because unconditional self-love and acceptance are the only things that matter.

I have big dreams, and I'm a little obsessive about achieving them, but that's only because I have such a big message burning from my heart, and I want to taste a successful, abundant lifestyle that's created from living my crazy ideas because I suppressed them for so long. It's my time to be free.

My high ambition is part of who I am and it's here for a reason. I don't have to suppress it.

2. I most want people to understand that their passion and purpose lies inside their pain, and that nothing they've been through makes them unworthy or unloveable.

I want to encourage people to get fierce and brave about doing the inner work because you can be scared for the rest of your life, and nobody is coming to save you. You have to save yourself.

I want people to freely follow their dreams and find within themselves the things they never received so they can give that to the world and help others who are wounded in that same way. We can all heal and love each other through vulnerability and authenticity.

3. It matters because we have so much pain and suffering in this world. So many people caught in fear and self-judgment. We are killing the Earth and killing each other and it's all because we're running from the pain we feel.

So many missed connections, shallow conversations and people trying to pretend that everything is awesome when it's not, or at the very least just blah.

We deserve more than blah! It IS about being happy, but about finding happiness through total love, acceptance and surrender. Finding happiness in the pain and not despite it. Because when you embrace everything, there's nothing left to fear. You're free.

4. The more surface elements of my message are learning how to understand the messages of your emotions (is that surface? Maybe not). Learning how to love yourself. Creating daily rituals like meditation, journaling and self-study.

Healing the heart through moving the body. Expressing yourself. Telling people what you need. Doing what you want.

Following your heart because the rules are lies. Rules are things people in power have agreed to and we are taking back our power and creating our own rules. The internet is helping us do this. We can create our own businesses and our own lives and live however we want to.

Your turn!

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Identifying Your Message

1. What have you overcome?

2. What was the hardest thing about overcoming this?

3. How has it impacted your life?

4. What do you want people to know about the lessons you've learned?

5. If your life was a message, what would your message be?

6. What do you stand for? What do you believe in?

7. What do you stand against?

8. What matters to you?

9. Why does it matter?

10. What would you write about if you weren't nervous what other people thought?

11. What do you WANT to write about?

12. With your message in mind, describe your perfect world. How does your message make the world a better place?

Mantras to repeat when you feel overwhelmed or afraid:

Trust what comes out!

Trust the process.

Trust your truth.

Trust that you are here for a reason.

It's all dust on the path of your personal evolution.

Everything you've been through is for a reason.

You are here to inspire and change lives.

Let it out and be free.