

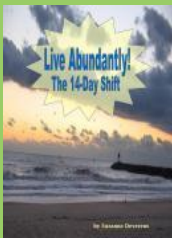


from Suzanne Devereux - BelieveInYourDreams.net



Tapping in to Inner Guidance & Working with the Law of Attraction

November 26, 2008



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Your Story

What would it be like if you didn't have your old story interrupting your current creations and holding you back?

What if you had "selective amnesia," and could just forget the part of your story that takes your focus away from your newly developing life vision?

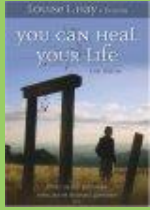
Your "story" is what you keep telling yourself and others about where you are in your life and how you got there. Your story is just that -- a tale you tell.

What if you decided, right now, that you were going to tell a different story, one that accentuates the positive, fun, uplifting events of your life? What if you framed all the hurtful, painful things that have happened to you, seeing them instead as catalysts for growth?

Wayne Dyer came from an impoverished background and was placed in an orphanage at a very young age. When he talks about it, it is not a story of abandonment and hardship, but a tale of how he learned to be resourceful and self-reliant at an early age -- traits that have served him well all his life.

How could you tell your story a different way? What parts of your story could you leave out altogether, **giving yourself permission** to no longer include them in "Who I Am?" What strengths and positive character traits were born out of the events of your past? And how can those strengths be used to carry you forward into the life you envision for yourself?

You're the storyteller; you get to decide which stories you think about and speak about. Why not tell the story the way **you** want it to be?



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"When you change the way you look at things, the things you look at change."

--Wayne Dyer

Putting it into Practice **Journaling Exercise**

Identify one of the limiting definitions you've put on yourself. Maybe it is "I'm unlucky in love" or "I'm not very smart" or "I don't have the education I need to become wealthy." Write that statement on the top of your paper.

Next, write where this belief came from. What happened in your childhood or in your more recent past that prompted you to think this about yourself? Who was in your life, and what circumstances occurred to contribute to this limiting belief?

Are you aware of the story you tell yourself and others about the circumstances that led to this limiting belief? Write out that old story. Let's use an example: Perhaps you've been carrying the message of "I'm not very smart." And perhaps that message came from your fourth grade teacher who gave you a bad mark on a homework assignment, followed up by an older sibling's taunting about your "stupidity." This has led to you telling a story about how you can't get ahead, and can't get the job you want, and can't attract the mate you want because you're "dumb."

Now for the empowering part of this exercise: Pick at least three positive character traits or impacts that could be gleaned from this particular circumstance in your past and **tell the story differently**. In the example above, it would go something like this: "In the fourth grade my teacher gave me a bad mark on a paper I'd worked really hard on, and that taught me that I needed to please myself instead of others; that's what makes me a great entrepreneur. And my sibling kept calling me stupid, which eventually led me to the determination to take on challenges at work, just to prove to myself that I'm not stupid. I'm really quite intelligent and resourceful, and I thank my childhood experiences for helping me to develop those aspects of my personality!"

You see, things happen to all of us. But we each get to choose the interpretation we will give to any circumstance in our lives. And we get to choose how we tell our story. There's a lot of power in the spoken word, and you can decide to harness that power today to help you create the life you want.

Send your questions and comments to:
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Calvin and Hobbes by Bill Watterson

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