

YourStory

A life worth living

My name is

.....

and this is my story.

Chapter 1

Becoming strong

Describe your three most important successes or positive projects you finished in each age group of your life:

Age 0 to 13,

Age 14 to 25

Age 26 to 40

Age 41 to 50

Age 51 to 60

Age 61+

- For example, the stories could be about success in your intellect, physical, personal, business, spiritual or social ability.
- From your stories, identify five strong point that made these successes possible.
- Write a short description of what motivated you to take these actions.
- Give each story a heading.

Chapter 2

Lessons learned

Describe your most important crisis or disappointments you experienced in each age group of your life:

Age 0 to 13,

Age 14 to 25

Age 26 to 40

Age 41 to 50

Age 51 to 60

Age 61+

- From your stories, identify the positive and negative lesson(s) you learned in each crises.
- Identify the top six lessons you learned thus far.

Chapter 3

Developing my skills

Looking back to your stories in chapter 1, identify the 5 strongest skills you needed resulting in the success you experienced.

Chapter 4

Doing it my way!

Looking back to your stories in chapter 1, identify the 5 strongest habits you needed resulting in the success you experienced. Remember to stay positive at all time.

Chapter 5

Habits to the rescue

Write four new stories you can remember, where each of your four strongest habits saved the situation for you. Do not duplicate previous stories.

Stay positive and focus on practical actions.

Chapter 6

Trapped

Write a story or stories of where you currently experience a situation that does not work for you where you are trapped in? (Do not go into detail, use this as an introduction to create an awareness of a stuck situation.) Describe how you plan to get out of the sticky situation using one or more of your strong habits.

Implement the plan of leaving at least one of your sticky situations.

Chapter 7

My great escapes

Looking back at your stories of entrapment and the result of the implementation of your plan to leave the sticky situation, describe the challenging actions of personal growth you face.

Do one thing that is directly related to one of your three lowest habits.

Chapter 8

New lessons

Looking back to your stories in the previous two chapters, write what positive learning you have gained from these challenging situations, what you have learned from it, what you would do different next time and how it made you stronger. Also find the humour in your actions and laugh about it.

Chapter 9

Living life

After escaping a trapped situation you need to replace it with a new situation.

Write your story of a possible new beginning(s) and the full implication thereof.

Explore these opportunities, get a full understanding of what it will take to participate in the new ventures.

Decide on the actions you want to implement and implement them.

Chapter 10

An act of balance

Reflecting on the actions you have implemented, consciously and regularly write your story asking yourself:

- What is my progress?
- What is my experience?
- Who do/did I share this with?
- What success did I experience?
- What is the next step in the process?

Chapter 11

Re-energize

Looking back at the previous week or two, write your story on what you do every day from waking up to going to sleep.

Do a lifestyle audit, categorise elements from this story in the following categories: “People”, “Task & Objects” and “Ideas”

Look at how your life-style matches your habits is and what corrective actions needs to be taken.

Discuss the changes you want to make to your life-style with a trusted friend or coach and let him/her keep you accountable for the changes you have decided on. Write these actions down, decide on actions and completion dates.

Chapter 12

Purpose driven balance

Write your story on what changes you expect in the near (three year) future.

Write down tree actions that would help with your changing reality.

Chapter 13

Inner strength

Describe what you understand as EGO.

Write your story on what you perceive your EGO to be.

Write your story what you would like your EGO to be.

Decide what changes you would like to make and implement them.

Chapter 14

My ideal lifestyle

Write your view on the way we work and do business going forward.

Looking back on your report, describe where you think you will fit in the future regarding your set of attributes.

If any, describe what changes you need to make.

Chapter 15

To be a master

Looking back at the previous chapter and specific to where you see yourself fit in the working world going forward do the following:

- Name the career you would pursue going forward
- Identify the skills and qualifications you need to practice this career
- Identify the skills and qualifications you already poses
- Identify the steps your need to take to be fully active in this career
- Work out a five year plan to be fully active in this career
- If 10000 hours in a career represents being a master, work out a plan to become a master.

Chapter 16

Connecting the dots

Look back over all the chapters and describe your goals over the next five years. Make these goals accessible and accurate in description. Also describe the reward for each goal reached.

Chapter 17

Introduction

Give your story a name

Write a short introduction to your story.