

Exercise sheet for chapter 1: Know thyself

Define your success: Write down what success means to you. Is it wealth, freedom, happiness, health, a loving family, a professional career or a combination of these? Be as specific as possible and align your inner compass accordingly.

Analyze your stories: How do your stories typically end? Above or below the starting point? Think back over the last three days and write down the conflicts you have experienced. Which of them did you successfully overcome and which did you not? Analyze why some situations were successful and others were not.

Reflect and polish your diamond necklace: Through honest self-reflection, you learn from negative experiences and grow into the best version of yourself. Write down what you can learn from these experiences and what skills you still need to acquire in order to turn them into positive memories in the future. This is how you replace dull glass diamonds with shining story diamonds.

If my team and I can support you, get in touch for a free introductory call and experience, what we can do for you:

[MasterYourLifeScript.com/call](https://www.masteryourlivescript.com/call)