

Exercise sheet for chapter 5: Reveal your hidden co-authors

Identify co-authors: List the five most important people in your life who influence your decisions and beliefs. Reflect on the values, norms and behaviors you have adopted from these people and note whether these influences are positive or negative.

Analyze your primary group with the genogram: Draw a genogram of your family and note important events, relationships and patterns. Analyze how these structures and events influence your life decisions and your current world view.

Question the rules of your social environment: Check the rules and expectations your social environment has of you. Ask yourself whether these rules are still useful and helpful and which ones you should let go of in order to go your own way. Do others shame you or criticize you because you don't act the way they expect you to? Make a note of what new rules you would like to set for yourself.

Find the antihero in you: Reflect on your weaknesses and ask yourself what steps you can take to strengthen your self-acceptance. Set yourself the goal of gradually reducing your fear of mistakes or weaknesses and use the steps from the book chapter to develop a role that suits you instead of that of a perfect hero.

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://a.co/d/hGymbb1)