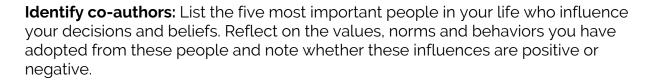


## Exercise sheet for chapter 5: Reveal your hidden coauthors



**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.





**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