



Change Academy Lab Notes

TOPIC: How you tell the story

EPISODE #59

NOTES/TAKEAWAYS:

EXPERIMENT:

1. Identify an area of your life where you feel some frustration or disappointment in your progress or prospects.
2. Write the story of how you got here. What are the challenges, the circumstances, the things that got in your way. What has gone wrong?
3. Now, rewrite your story, without changing any of the factual details, but see if you can find a way to cast yourself as the hero. Look for the triumphs.
4. Read both stories. Is one any more true than the other? Is there anything to be gained by sticking with version A?

OBSERVATIONS:

FURTHER EXPERIMENTS: