EAT CLEANER
Live LARGER

ISSUE 34
MARCH 2026



THE Re-Write Your Story ISSUE

How to Transform Your Future
By Re-Writing Your Past

Welcome

As you will often hear me say, "we are all running a story, all the time, about everything."

We have been doing it since the moment we were born, receiving input from the world around us and interpreting it into something that registers in our mind based on what transpires and how it makes us feel.

And because our life (literally) depends upon it, we learn very quickly what is "dangerous" in our world. There are the obvious things like someone shouting or screaming, dogs barking, or loud bangs. And then there are the less obvious things such as learning that when (for example) mum goes unusually quiet and starts putting out certain vibes, that's not a good sign because it means something unpleasant is brewing.

Day-by-day, week-by-week, month-by-month, year-by-year we continue to receive inputs from the world around us. We continue to build a database in our brain of experiences, and we unconsciously log those experiences and the associated feelings within those experiences, which then act as our guidance system moving forward.

Stories are what we tell ourselves about what happened. You can have five people experience or witness the exact same thing and each person will be telling themselves a different story about it, based on their own perception.



The positive side of this is that it increases our chances of staying alive.

The not-so-great side of this is that it programs us in ways that aren't always for our highest good. For example, certain memories and, more specifically, our interpretation of them, can prevent us from taking action or making certain choices in our lives that would actually be amazing for us. This is because the mind will start searching for a time in our history that looks or feels similar to the thing we are considering and based on that/those memories will make an assessment of whether it is safe or wise to proceed, or not.

Of course there are absolutely limits to how well the mind can protect us.

Not every dog that's barking is barking because danger is afoot.

Not every shout is from anger.

Not every scream is from someone who's life is in danger.

And similarly...

Not every trip overseas is going to be "disappointing" because the first one you took was.

Not every relationship is going to be "toxic" because that's all you've known.

Not every gym you try out is going to be cliquey, sweaty or full of gym bros, just because the other two you've visited have been.

In other words, our mind does its best, but it is not infallible.

When it comes to you as an individual, over the course of your lifetime so far, you will have certain memories that you have clung onto more tightly than 99.9% of others. Some of these will be wonderful, heartwarming memories. Some of these will be sad, painful or even heartbreaking memories. And some will be memories that you wish you had never lived through and you wish you could forget them, but they keep coming back.

All of these memories shape us, and the memories that stick with us the most, are the ones that shape us and our lives, the most.

Right now, in this moment, many of the things, people and experiences you have in your life are as a direct result of moving away from, or moving closer to, experiences from your past that have held and probably still hold the most gravitas in your timeline of memories.

This is wonderful if your life has been shaped off the back of only joyful, amazing, positive memories and experiences. However I can't imagine there's one person on this earth who that would be true for, because we all hold a mixture of light and dark memories that shape and mould our life.

And the more sad, unpleasant or uncomfortable memories you hold onto, the more your thoughts, behaviours and life will be held back for fear of them happening again.

This issue is dedicated to the art of re-writing stories. Stories are what we tell ourselves about what happened. You can have five people experience or witness the exact same thing and each person will be telling themselves a different story about it, based on their own perception.

So too have you developed stories about every event that has happened in your life. And there are some stories that right now are doing you a huge disservice.

Letting go of memories can definitely be challenging, because it's like trying to sweep something under the rug. However, *re-writing* the stories you tell yourself about these memories can be easy, fun and completely transformational. The ripple effect of doing so will not only set you free from whatever those stories have been holding you captive to, but also lead to more freedom, more peace and more joy, and the many other things that your old story has been costing you.

If you are ready to give yourself the gift of a re-write, this is the issue for you.

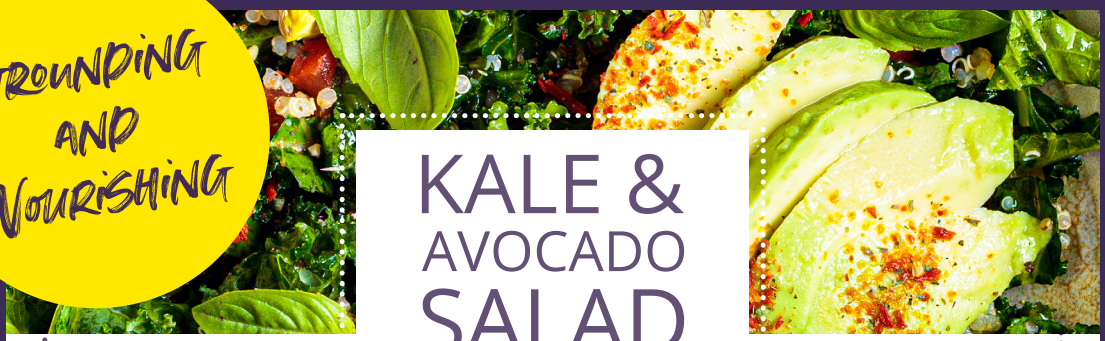
Rewriting any story that has been holding your hostage is the ultimate act of self-love. It's completely within your control, it doesn't take long, and you can turn it into whatever you want it to be.

Ready to do the work?

Let's crack on!

Karen

Grounding and Nourishing



KALE & AVOCADO SALAD

SERVES 2

This salad is an absolute classic – especially during the colder months.

EQUIPMENT

Sharp knife + cutting board
Large bowl

INGREDIENTS

10 handfuls kale
1–2 Tablespoons olive oil
½ teaspoon healthy salt (e.g. Himalayan, Celtic)
1 large ripe avocado OR 2 small ripe avocados
2 large tomatoes OR 1 handful baby plum tomatoes
Juice of ½ lemon

DIRECTIONS

1. Chop the kale into tiny pieces (roughly 1–2 cm square) and put into a bowl.
2. Add the olive oil + salt. Massage both well into the leaves until they glisten.
3. Chop avocado into small pieces, add to the kale and massage well, coating the leaves.
4. Chop tomatoes into small cubes and add to bowl.
5. Mix all ingredients well by hand. Sprinkle with the lemon juice and serve.

★ PLAYSHEET 1

The Stories You've Been Carrying

We're going to start this journey together by corralling all of the stories/memories you can think of that you feel have been debilitating you in some way, and still are. These may or may not be sad/unhappy memories. Even if a memory feels ultimately positive but the ripple effect in your life has been unhelpful, these ones are important to note down too. For example: A super-fun birthday party where you fell in love with cake and have struggled to stop eating cake ever since!

To complete this exercise, simply brainstorm all the memories that have ultimately felt unhelpful/debilitating to you in the first column below. Then circle back around and complete the second column by noting the knock-on effect of that memory.

MEMORY	RIPPLE EFFECT

FEATURE ARTICLE

Stories: The Good, The Bad & How They Shape Your Whole Life



There is something right now, that is shaping your decisions, your relationships, your confidence, your health choices, your income, your business moves, and even your sense of identity - and most of the time, you don't even realise it's happening.

It's not your circumstances. It's not your past. And it's not other people.

You guessed it, because, well this is the focus of this issue! The sneaky thing that is shaping your life is the stories that you tell yourself about all of these and more.

Every single day, your mind interprets events as they unfold.

While it may be aware of the *facts, it less interested in these and more interested in assessing: Is this safe? Is this good? Is this for me?*

Quickly our subconscious will take what we see and sense, pull forward a similar event from the past, or the closest it can access, and then in a split second create a story around the event that makes sense of what is happening and enables you to decide what's going on.

This all sounds well and good, except:

Bypassing the facts of what is actually happening is never a good thing.

Drawing from the past is never going to be a totally accurate spin on what is happening now. Not least because that most likely is a story too!

And even more unhelpful is that where gaps exist in the data of what's unfolding... this is where our mind starts filling them in. It draws conclusions. It creates meaning. It starts making things up. And then – totally outside of our own awareness - it builds a narrative.

Those narratives then become beliefs.
Beliefs become behaviours.
Behaviours become patterns.
Patterns become your life.

If you want to change your life, you must first understand your stories.

Change your stories, and you *will* change your life.



WHAT STORIES ARE (AND WHAT THEY AREN'T)

In this context, a story is not a work of fiction. It's not imagination in the whimsical sense. It's not something you consciously "make up".

A STORY IS:

- The meaning you assign to an event
- The interpretation you create around what happened
- The explanation you give yourself
- The narrative you repeat

A STORY SOUNDS LIKE:

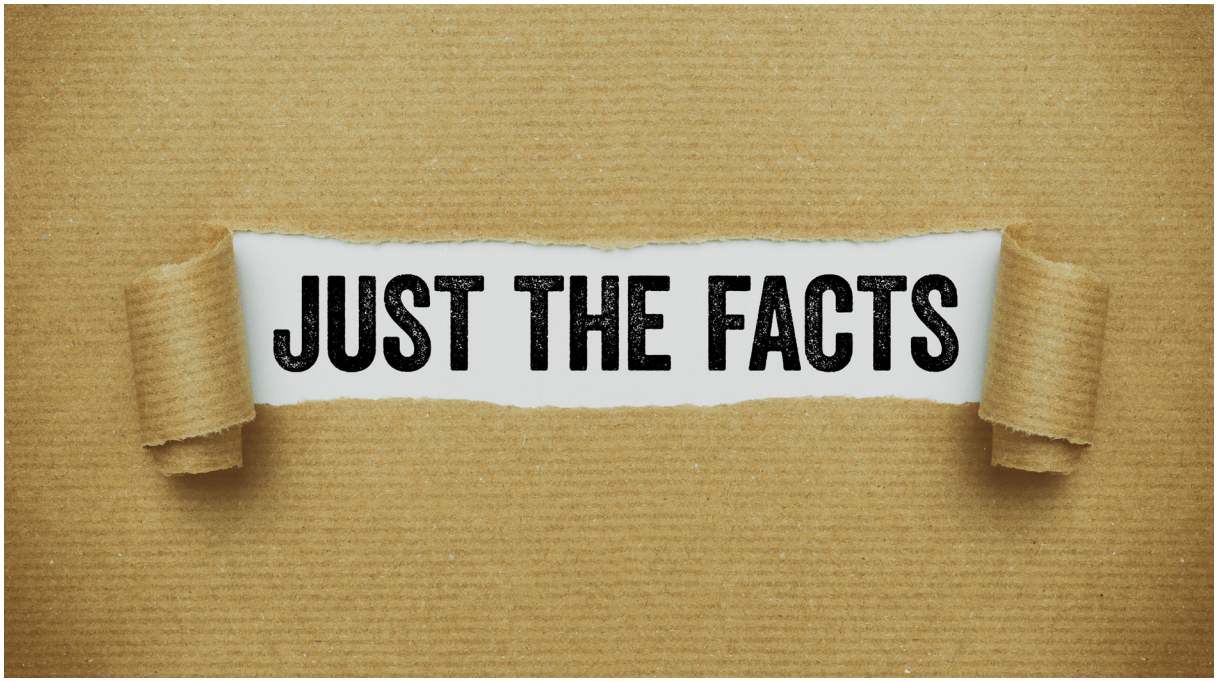
- "She ignored me because she doesn't value me."
- "I failed because I'm not disciplined."
- "That didn't work because I'm not cut out for this."
- "They didn't reply - I must have said something wrong."

The event itself is neutral.
The story is the layer added on top.

Stories are powerful because they feel true. They feel obvious. They feel justified. Often, they feel protective.

But stories are not facts.

And that distinction is crucial if you are to break free from the ongoing traps, loops and cycles that your stories wrap you up in.



FACTS VS. STORIES: THE CRITICAL DIFFERENCE

A fact is observable and measurable.

A story is the meaning you give to that fact.

FOR EXAMPLE:

Fact:
Your friend didn't respond to your text message for three days.

Story:
"She's upset with me."
"She's pulling away."
"I've done something wrong."
"I'm not important."

The fact is clean and simple: your friend just hasn't replied to your message for three days. End of.

The story fills in the gaps.

The human mind hates uncertainty. When we don't have full information, we automatically create completion. We connect dots. We assume motives. We build emotional conclusions.

And here's where we need to be careful.

Because the story you create will determine:

- How you feel
- How you behave
- What you say next
- Whether you withdraw or reach out
- Whether you spiral or stay steady

When we believe our stories without examining them, we give them power over our nervous system, our relationships, and our future.

We start treating *them* as the facts, even though they are not.

The more emotionally charged the event, the faster the story builds.

And the faster it builds, the more real it feels.



GOOD STORIES: THE ONES THAT EXPAND YOU

Not all stories are harmful.

Some stories are deeply empowering.

A GOOD STORY IS ONE THAT:

- Encourages growth
- Builds resilience
- Strengthens relationships
- Supports self-worth
- Creates possibility

FOR EXAMPLE:

Event:
A business idea didn't work.

Empowering story:
"That was data. Now I know what to refine."

Event:
Someone gives you feedback.

Empowering story:
"They care enough to help me improve."

Event:
You make a mistake.

Empowering story:
"I'm learning. This is part of mastery."

Good stories are not delusion. They are not blind optimism. They are interpretations that support forward movement.

THEY CREATE:

- Confidence
- Calm
- Creativity
- Courage

When you consciously choose a story that expands, uplifts or supports you, you shift your trajectory in a positive direction.

OVER TIME, EMPOWERING STORIES BUILD:

- A stronger identity
- Better relationships
- More aligned decisions
- Greater self-trust
- And self-trust changes everything.



BAD STORIES: THE ONES THAT SHRINK YOU

Bad stories are not "bad" because they are evil. They're unhelpful because they distort reality and limit your future.

UNHELPFUL STORIES OFTEN SOUND LIKE:

- "I'm always overlooked."
- "People can't be trusted."
- "I'm too old to change."
- "This is just who I am."
- "They did that on purpose."
- "I never get it right."
- "Life is out to get me."

THESE STORIES:

- Create defensiveness
- Breed resentment
- Erode self-worth
- Close down opportunity
- Damage connection

The most dangerous stories are the ones that feel justified.

FOR EXAMPLE:

You might genuinely have experienced being overlooked in the past. But the story "I am always overlooked" becomes a lens. You start scanning for proof. You interpret neutral events as confirmation.

What you look for, you *will* find... even if it's not actually there!

Stories can quickly become identity.

And once a story fuses with identity, it becomes very hard to see clearly.



HOW TO STOP CREATING & SPREADING DAMAGING STORIES

Awareness is the first step.

WHEN YOU FEEL TRIGGERED, PAUSE AND ASK:

- What *actually* happened?
- What am I making this mean?
- What else could be true?
- What evidence do I have?
- Am I filling in gaps?
- Am I jumping to conclusions that actually have no foundation?
- Am I making assumptions?



This small interruption breaks the automatic cycle.

Next, separate the layers:

The event (the facts)

Your interpretation (your version of what happened)

Your emotional reaction (your positioning of the story – e.g. good, bad, fair, unfair.)

When you untangle these, you regain choice.

Also be careful about spreading stories.

WHEN YOU RETELL AN EVENT TO SOMEONE ELSE, NOTICE:

- Are you presenting your interpretation as fact?
- Are you forcing or reinforcing a narrative?
- Are you recruiting agreement?
- Are you leaning heavily on the parts that support your narrative, and omitting the parts that might bring your interpretation into question?

Stories grow stronger when repeated. They solidify and then they shape group perception, be that a friend group, a community or even the wider world.

Stories presented as fact can damage or ruin reputations and relationships entirely - even when they began as misunderstandings or a simple misinterpretation, coloured by a biased lens.

A powerful personal discipline that works is this:

Share facts. Question interpretations.

If the whole world operated this way, it would be a much better place to live!

THE JOURNEY OF A STORY: FROM EVENT TO RIPPLE EFFECT

Every story follows a predictable path.

Let's break it down.

STEP 1: THE EVENT

Something happens.

For example:

- A comment is made.
- A message isn't returned.
- A business launch underperforms.
- A cheque bounces.
- A friend cancels.

At this stage, it is neutral.

STEP 2: MEANING-MAKING

Your brain immediately assigns meaning.

This is often influenced by:

- Past experiences
- Childhood patterns
- Previous disappointments
- Unresolved wounds
- Core beliefs

Meaning is created quickly - often in seconds – and mostly completely devoid of awareness that it is superseding the facts.

STEP 3: EMOTIONAL RESPONSE

The story that's started running then creates emotion such as:

- Hurt
- Anger
- Fear
- Shame
- Defensiveness.

Now your nervous system is involved.

STEP 4: BEHAVIOUR

Emotion drives action.

- You withdraw
- You snap
- You avoid
- You overcompensate
- You quit
- You gossip

STEP 5: RIPPLE EFFECT

Your behaviour influences:

- The other person's reaction
- The future of the relationship
- Your confidence
- Your reputation
- Your self-image

And then something else happens…
Which creates another event.
Which creates another story.

And the cycle continues.

Over years, small stories compound into:

- Relationship patterns
- Career trajectories
- Health habits
- Financial decisions
- Self-concept
- Default behaviours

One interpretation can literally echo for decades!

BY THE TIME WE GET TO 50...

By midlife, many women are not living from current facts.

They are living from decades of accumulated, and typically unhelpful, stories.

STORIES ABOUT:

- What they're capable of
- How lovable they are
- What their body can or cannot do
- What kind of success is available
- Whether reinvention is possible

These stories feel like reality or truth because they've been repeated so often.

But repetition does not equal truth.

WHEN YOU BEGIN QUESTIONING YOUR STORIES, SOMETHING EXTRAORDINARY HAPPENS:

- You reclaim authorship.
- You stop being the character reacting to a script.
- You become the writer.
- And usually, you move from helpless victim to activated hero.



CHOOSING YOUR STORIES WITH INTENTION

You cannot stop your brain from generating stories - that is part of being human, and we do it automatically.

BUT YOU CAN CHOOSE:

- Which stories you reinforce
- Which stories you question
- Which stories you retire
- Which stories you rewrite

WHEN SOMETHING HAPPENS, TRY ASKING:

- What is the most generous interpretation?
- What interpretation gives me power rather than takes it away?
- What would my calm and grounded self believe?
- What story aligns with the future I want?

This isn't about pretending everything is positive - it's about refusing to let unconscious narratives dictate your direction, and therefore, your life.



YOU ARE LIVING INSIDE A STORY

RIGHT NOW, YOU ARE LIVING INSIDE A COLLECTION OF STORIES ABOUT:

- Who you are
- What is possible
- What has happened
- What it means
- How life works

Some of those stories have served you beautifully.

Some have limited you repeatedly.

The invitation is not to erase your past. It is to examine the meaning you have assigned to it.

Because the event is fixed, but the story is flexible.

AND WHEN YOU CHANGE THE STORY, YOU CHANGE:

- Your emotional state
- Your behaviour
- Your relationships
- Your identity
- Your future

Be careful what you believe.

Be careful what you repeat.

Be careful what you reinforce.

The smallest narrative shift today can ripple into an entirely different life tomorrow.

And that is the power of stories.

I hope you will accept the invitation to start re-writing yours, today.

★ PLAYSHEET 2



THE COST OF A STORY

Refer back to what you wrote on Playsheet 1 so you can refresh your mind about what memories you captured there.

As you do so, choose one memory to work with for the rest of this issue. Any choice is good, although you might want to start with a less painful/dramatic one so that you can learn how this works with an easier one and work your way up in due course! Just choose one though. The process runs deep and we can only take one at a time.

Write your chosen memory here, stated in its *factual* version, *not* your *interpretation* of the facts

Now we're going to take a closer look at the real cost of the story – or *stories* – you've been telling yourself about this memory.

In your own words, exactly as you've been reliving it or telling that story over and over in your mind over the years, use the space below to capture the *exact* story you've been telling yourself about this memory. Do your best to be thorough. No shortcuts. Every detail of your story is important, because stories are generally multifaceted. You can find an example on page 19 to support you in knowing how to do this.

THE RIPPLE EFFECT

Go ahead and re-read what you just wrote. Double-check to make sure you haven't skipped anything. It's easy to do. The who, what, where, when, how and your version of why are all important.

Once you feel your story is fully captured, it's time to look at the ripple effect of that story. You can find an illustration of how to work with the prompts below on page 20. These should really help you, however, sometimes coaching will still be required as we all have our blind spots!

Because of this story, I created the belief that

Which led to

Which led to

Which led to

Which led to

Which led to

Which today puts me in a position where

And I still

Therefore, the price that I have paid for this story is

EXAMPLE

THE CHOSEN MEMORY

My brother destroying my sandcastles.



MY STORY ABOUT IT

It was a really hot sunny day and my parents decided it would be great to go to the beach which was about an hour's drive away. It was me, my mum, my dad and my brother Simon, who was aged 8 at this time. I don't remember the drive there, but I do remember us all sitting on the beach happily eating ice-cream. My brother was his usual playful and boisterous self and I can remember that he kept trying to grab me, and play with me, but I just wanted to eat my ice-cream. He was super annoying. Later on in the day we started building sandcastles. Mum helped me and dad helped Simon. We were competing to see who could build the biggest or most impressive set of castles and I felt we were doing really well and could actually win. I don't know how long we did this for but I remember a point where mum and dad said they wanted to just sit down and relax in the sun for a while, and that we should carry on building the sandcastles as high as we could go, while they watched. At first it was fine but then soon Simon became restless. The next thing I know is that he has started kicking the sand around my sandcastles and very soon the sand is landing on my sandcastles and starting to ruin them. Then he gets even more aggressive and starts kicking the actual sandcastles, gently at first, just to test my patience, and then without warning he just started jumping all over them until hardly anything was left. Even though I was shouting at him to stop, and then started to cry, mum and dad didn't really do much about it. They did tell him off, but compared to the damage he had done to all my hard work, it felt like he just got away with it and that my hard work meant nothing. I spent the rest of the day feeling like my work didn't matter and my feelings didn't matter and that yet again he had got off the hook for something bad and I was the only one who suffered.

EXAMPLE CONTINUED

Because of this story, I created the belief that there is no point creating something amazing because someone will come along and ruin it, sooner or later, anyway. And if I complain, no one is going to listen so there's no point even starting.

Which led to me never putting too much effort into anything in case it was destroyed.

Which led to me not building the career that I really wanted for fear that someone would take it from me.

Which led to me not being able to do my best work and contribute the way I wanted to.

Which led to me not earning the kind of money that I wanted to.

Which led to me not being able to enjoy the quality of life I would much prefer.

Which today puts me in a position where I have not created the level of success I know I am truly capable of and am not living the kind of life I want to live.

And I still resent my brother and my parents and feel I cannot trust them to do right by me.

Therefore, the price that I have paid for this story is

Feeling unfulfilled

Not working in my zone of genius or using my best gifts

Not earning the amount of money I would like to earn

Not able to buy the things I want to buy

Always stopping myself from going after what I really want

A relentless fear that someone could destroy what I have created at any moment

That it's not worth complaining because nobody will listen

The belief that life's not fair and the bad guy always wins

The belief that my work has no value

I don't fully trust my parents to have my back

A distant relationship with my brother and his family

Always feeling like I'm the child that doesn't get respected or listened to

★ PLAYSHEET 3



Re-Write A Story

Now that you've chosen a memory, stated the facts about that memory, captured the story you've been running around it and have looked at the ripple effects of running that particular story, you have most likely already had some big awarenesses and epiphanies about not only why you do what you do, think how you think, and feel how you feel, but also how much of your life has been beholden to the story of that memory.

This issue exists because every human does this, and as you can see, we pay a huge price for doing so.

Rather than waste another moment of our lives playing out a version of events that doesn't support us, it makes absolute sense to rewrite any stories we've been running, into something that actually serves us.

If you're thinking, "yes, but it wouldn't be true and I'd just be trying to fool myself", I understand. However, as previously mentioned, you can have five people experience the same thing and all five will tell a different story about it simply because of perception. So too can you decide to take a different vantage point on what happened, and choose to run with a perspective that will actually *serve* you, rather than hurt you. *It's not about making something up*. It's about looking for a version/perspective, different to the one you unconsciously chose at the time, that will work *for* you and the story you want to live now, rather than against it.

The truth is, in any experience, none of us has all the pieces. We don't know why people do or don't do something. We don't know what they are - and aren't - thinking or feeling.

What we tend to do when we don't know, is to project what *we* would be thinking, or what *we* would be feeling, in order for us to behave in that way. However, *we are all different*. One person's straight face can represent deep thought, while another's can be covering anger. We simply do not and cannot know everything that is going on in someone's mind - nor can we ever know, so we would be wise to stick to the facts and not our interpretations, guesses or projections, because they are rarely close to the truth.

So you can absolutely take your memory of something and put a different spin on it, because you don't know all the facts and you will probably never know all the facts. So do what is self-loving for you and set yourself free from a version that a younger you cobbled together with what she saw, what she felt and what she assumed.

Trust me, your whole life will change when you do. And when you have successfully completed this process once, you can use it as many times as you want or need to, in order to "change your past" so you can recreate your future.

There are many ways to work with stories, but today we're going to work with the story you have already started working with, and turn it into a version that directly helps whatever you are currently trying to accomplish in your life.

As this exercise can be tricky the first few times you try it, you'll find the example used previously on page 12 put through this process so you can see it in action. I recommend you read that first before doing it yourself. You can find that example on pages 24-25.

INSTRUCTIONS

STEP 1 Write below details of something you are currently working towards in your life that really matters to you, but you have felt some resistance around.

STEP 2 Refresh your mind with what you wrote in the previous Playsheet by re-reading it slowly and taking it all in.

STEP 3 Look for something within that story and the ripple effect it has had on you that might be making you wobble or struggle with the goal you are working towards. Clarify that below.

STEP 4 Decide how that story would need to be re-written in order for that story to lose its power in this situation and in fact BE HELPFUL. Use the space below to re-write the story in that way. It may take a few attempts if you're new to this kind of work, but it will be oh so worth it!

STEP 5 Re-read your new story 2-3 times. You are looking for believability and alignment. You'll know that you've re-written your story in a way that a) you can genuinely get behind and b) will truly be helpful to you, when you have scripted a version that is just as likely/believable as your original version (or even more so), and when you try it on emotionally you can literally feel the difference in your past, present and future. This will feel like the energetics of your entire timeline have shifted and transformed to create a whole new storyline and reality that aligns with your revised story.

Use the space below to write your final revised story. You'll know you're complete when the new story has replaced the original one in your short and longer-term remembering of that original event.

STEP 6 Your final step is to now rewrite your future script, specific to the thing you are currently working towards, coming from the *new story* you have just created.

EXAMPLE

STEP 1 Write below details of something you are currently working towards in your life that really matters to you, but you have felt some resistance around.

I want to buy a new home, but I keep telling myself there's no point trying because someone will probably outbid me or I'll get gazumped at the last minute.

STEP 2 Refresh your mind with what you wrote in the previous Playsheet by re-reading it slowly and taking it all in.

I have re-read my answers from Playsheet 2.

STEP 3 Look for something within that story and the ripple effect it has had on you that might be making you wobble or struggle with the goal you are working towards. Clarify that below.

This one's obvious. I spent ages building the sandcastles and felt confident they were going to stay built until I decided to take them down or the sea washed them away, but then my brother kicked them over. This has led me to take on the belief that there is no point building anything, because someone will come along and ruin or destroy it.

STEP 4 Decide how that story would need to be re-written in order for that story to lose its power in this situation and in fact BE HELPFUL. Use the space below to re-write the story in that way. It may take a few attempts if you're new to this kind of work, but it will be oh so worth it!

It was a really hot sunny day and my parents decided it would be great to go to the beach which was about an hour's drive away. It was me, my mum, my dad and my brother Simon, who was aged 8 at this time. I don't remember the drive there, but I do remember us all sitting on the beach happily eating ice-cream. My brother was his usual playful and boisterous self and I can remember that he kept trying to grab me, and play with me, but I just wanted to eat my ice-cream. **I realise now he was just being a typical 8-year-old boy and actually, it was just a sign of affection for his younger sister.** Later on in the day we started building sandcastles. Mum helped me and dad helped Simon. We were competing to see who could build the biggest or most impressive set of castles and I felt we were doing really well and could actually win. **I was excited and having a lot of fun - we all were.** I don't know how long we did this for but I remember a point where mum and dad said they wanted to just sit down and relax in the sun for a while, and that we should carry on building the sandcastles as high as we could go, while they watched. At first it was fine but then soon Simon became restless. **I guess his energy was on the move again! I think he got a little overenthusiastic and perhaps was worried about me winning the competition and so, either way, he jumped on my castles. I did ask him to stop and I did cry. I think my parents felt conflicted and understood he was getting antsy and competitive, and I was rightly feeling upset.** They did tell him off though. **Just another typical brother-sister day at the beach and on reflection, now I think he was just afraid of losing.**

STEP 5 Re-read your new story 2-3 times. You are looking for believability and alignment. You'll know that you've re-written your story in a way that a) you can genuinely get behind and b) will truly be helpful to you, when you have scripted a version that is just as likely/believable as your original version (or even more so), and when you try it on emotionally you can literally feel the difference in your past, present and future. This will feel like the energetics of your entire timeline have shifted and transformed to create a whole new storyline and reality that aligns with your revised story.

Use the space below to write your final revised story. You'll know you're complete when the new story has replaced the original one in your short and longer-term remembering of that original event.

I can genuinely get behind this, and it's actually even more believable than my original version, knowing what I know about how young boys can be, My brother also is, even to this day, still very competitive. This all makes much more sense than my "woe is me, nobody cares about me" version.

I already feel the difference in my body, mind and heart with this new version written. Everything changes.

I don't feel the need to edit this draft, I'm happy with it.

STEP 6 Your final step is to now rewrite your future script, specific to the thing you are currently working towards, coming from the *new story* you have just created.

I am going to go after this new home I have my eye on. I can be competitive too, and this is not a game of sandcastles with an 8-year-old boy. If, for some reason, it doesn't go my way, I will trust that an even better home is waiting for me. I will simply keep going until I move into a new home that I love.

