

EMBRACE YOUR STORY

How to Refresh Your Perspective

1. Think About Your Life
2. Identify Your Biggest Moments
3. Choose your Perspective



Step 1

THINK OF YOUR LIFE AS A BOOK FULL OF CHAPTERS

What experiences and events are part of your story?

Set a timer for five minutes and write down as many as you can think of.

Examples: becoming a brother or sister, losing a pet, moving, scoring your first goal, special holidays, first day of school, favorite field trip, surgery, getting braces, going on vacation, being teased, making the honor roll

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Step 2

IDENTIFY YOUR MOST IMPORTANT CHAPTERS

Pick the 5 most meaningful chapters from your list and write them here:

1. _____
2. _____
3. _____
4. _____
5. _____

Put a + next to the chapters you're still writing.

Put a * next to the chapters that already have an ending.

Step 3

WRITE & PRIORITIZE YOUR CHAPTERS

Think about how those chapter titles make you feel.

Do you want to re-write any of them in a way that makes you feel better?

For example, the first title might be *"I was Scared Starting Middle School."*

You could re-write to say, *"How I Overcame My Fear of Middle School."*

Write your edited chapter titles here:

1. _____
2. _____
3. _____
4. _____
5. _____

Put a * next to the chapters you're still writing.

Put a + next to the chapters that already have an ending.

If your entire book only has 100 pages, how many will you dedicate to each chapter?

The longest chapters are the ones you choose to think about the most.

Write the number of pages next to each title and make sure they total 100.