

Day 11 of the 14 Day Challenge “Your Story, Your Life.”

“Where you discover that the Story You Tell becomes the Life that You Live.”

-SusanJoy Grieco, Seminar Leader & Writer

Welcome to Day 11! Time to Dance and Celebrate!

Tools You’ll Need: a notebook and pen or a laptop or device and curiosity, courage and commitment

Time You’ll Need: 10 minutes plus any extra time you wish

Today’s Homework:

Why do we choose positive vs. negative story?

The Dimension Framework Part 1

Stability

Adventure

Recognition

Love and appreciation

Expansion

Showering

1- What are some of your Stability stories?

2- What are some of your Adventure stories?

3- What are some of your Recognition stories?



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