

Day 6 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 6! Keep it up!

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

A Quick Review:

What new story did you tell for your body? Did you eat something delicious or stretch?

Today’s “Playwork:”

I invite you to be more choosy about the stories you focus on.

1- What business and media stories grab your attention and why?

2- Take 1 or more of those stories and chunk it down into character, conflict, change and motivation:

3- BONUS Is this story serving you and your dreams?

