

Day 9 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 9! You amaze me!

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:

Can you see the link between the fairytale and the person you have become and the life you live?

Today’s “Playwork”

BONUS: check out our next event on www.SusanJoyGrieco.com

Excavating Stories:

1- What are some of your most repeated, “forever told” stories?

2- Which ones feel good in your body when you tell them?

3- Which ones feel lousy in your body when you tell them?

4- When you relax and breath, what story wants to come out?

