

Our internal story has a huge influence on our experience in life, and understanding that story allows us to choose whether it is time to make some edits.

External Story - How would others describe you?

Internal Story - How do you describe yourself?

Author Your Own Story Worksheet

When considering our internal story there are many things that impact it (relationships, work, body, health, culture, socioeconomic status etc). Here are some elements to consider as you explore your 'current' story.

Story Elements to Consider:

- What do you include in your story?
- What do you exclude from your story?
- Are there certain themes or patterns in your story?
- What role did you play in your story?
- Is your story anchored in the present or are you holding expectations from a previous version of you or comparing yourself to others?

Story Origin Elements to Consider:

- Where did your story come from?
- Who helped create your story?
- What events impacted your story?

How has your internal story impacted your health journey to date?

Is it time to author a new story or make some edits to your existing story?

If your current story is not serving you, what needs to change so that it does serve you today and in the future?

What are your core beliefs about yourself?

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What are your strengths?

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Having explored your story, what new powerful beliefs do you have about yourself?

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How will you keep your new story front of mind?

Reflect on your success:

How has changing your story impacted your health journey?

Once you have completed this worksheet, please email it to hello@dietvsdisease.org so it can be uploaded to your file. You are welcome to repeat the worksheet as many times as you want over the program to collate to your progress with this task.