Untangling The Stories You Live By

Rewrite the beliefs that shape your reactions and reclaim your peace

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the practice of instilling hope

DAY 1: The Agreements I Absorbed

What beliefs about myself did I absorb early in life that I still carry today?

- Who modeled this belief for me?
- When do I hear this belief the loudest in my mind?
- Does this belief feel supportive or limiting now?

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DAY 2: Taking It Personally

Where in my life do I most often take things personally?

- What situations tend to trigger that response?
- What story do I immediately tell myself?
- What other explanations could also be true?

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DAY 3: The Stories I Assume

What assumptions do I frequently make about other people's thoughts or intentions?

- Do I usually check these assumptions or keep them to myself?
- How does assuming affect my mood or behavior?
- What would curiosity look like instead?

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DAY 4: My Internal Language

How do I typically speak to myself when something goes wrong?

- Would I use those same words with someone I love?
- What sentence could I replace this with that feels kinder but still honest?
- How might my confidence shift if my internal voice softened?

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DAY 5: Redefining My Best

What does doing my best actually mean in this season of my life?

- Am I holding myself to a standard that is unrealistic right now?
- Where have I shown up faithfully even if it was imperfect?
- How can I allow my best to be human, not heroic?

REFLECTION

What agreement am I ready to loosen or rewrite after this week of reflection?

- What new belief feels more aligned with who I am becoming?
- What would change in my relationships if I stopped over owning what is not mine?
- How will I remind myself that I am responsible for my thinking, not everyone else's reactions?