



STORY-DUMPING

FACT: What is the **FACT** of the situation? (*eg: I don't have someone teaching my class with me.*)

FACT:

STORY: What is the story you have tacked onto the **FACT**? (*eg: So i can't teach my first class because I don't know enough about oils.*)

Write down *all* the stories here. Try not to get what is actually a story confused with a fact. Remember the fact has no emotion attached to it.

Get them all down here. Regardless of how silly they may seem to you.

Look at your stories and ask yourself if these are attached to someone leaning into discomfort and showing up empowered, or someone who is allowing their unconsciousness drive the bus. Remember the results of inaction = no result.

STORY-DUMP:





'THE NEW WAY' STORY

FACT: What is the **FACT** of the situation? (*eg: I don't have someone teaching my class with me.*)

FACT:

NEW STORY: What is the new story you are going to identify with now that you understand that while you can't change the fact, you *can* change your story relating to it. (*eg: So that I can be a better leader to my own doTERRA team, I am going to lean into my discomfort and teach my first class solo. This is going to give me great personal feedback to see where I may need improvements.*)

MY NEW STORY:
