

## **Write your own story**

If you like to write, this exercise is for you. Different from journaling though, writing can reveal a lot of who you are or who you would like to become. And if you actually write with a firm intent, you will be able to create amazing direction and clarity for yourself. You can use short story writing to great effect for many areas of your life – relationships, career, health, whatever situation is most important to you. In this case we apply the tool on your life in general.

So let's start writing....

Write a short story that will become a movie. This story is about someone's life and has a strong moral message of how to live powerfully with meaning, making a difference in life and being of value to others. Focus on the broad issues of a short movie: set the scene, the plot, story line, main character and key themes. Write the basic script and broad story line of an exceptional person, going through life dealing with its challenges. This person is you. Keep it to about 500 words with a positive ending and an even more inspiring "to be continued".

You can use this story to reflect back on in time. And you can craft it as you go along. It could even turn into an amazing long-term project. And you can craft it by adding pictures and likeable quotes.

