

THE STORY AUDIT WORKSHEET

This isn't about blaming your parents, your ex, or society- it's about awareness. You were not born doubting your worth. You learned to. I hope this worksheet can help uncover how.

1

SAFETY & IDENTITY

Who did you learn to be to feel safe?

What did you believe would happen if you weren't that version?

2

HIDING & PERFORMING

What parts of yourself did you hide to be accepted?

When did you start performing instead of simply being?

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3

THE INNER CRITIC

What does your inner critic say most often?

What does your inner critic say most often?

4

THE COST OF PERFECTION

What is exhausting about maintaining your 'perfect' version?

What has it cost you to live by someone else's measuring stick?

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5

THE THREE BIGGEST LIES- WRITE THE THREE CORE LIES YOU'VE BEEN LIVING BY AND WHERE THEY CAME FROM.

Lie #1 and where did it come from?

Lie #2 and where did it come from?

Lie #3 and where did it come from?

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6

RESET REFLECTION

Who would you be if you no longer believed these lies?



You do not need to become someone new. You need to come home to who you were before you learned you weren't enough.
This is your reset.