



# The Story on Repeat

Your brain believes what you rehearse. Some of what you've been rehearsing isn't even yours — it's an old sentence doing an old job. This page is where it gets cross-examined. Gently. Honestly. No shame in the room.

**This worksheet is just an example.** In our session, we go deeper than any worksheet can — and everything we cover is focused entirely around you and your needs. There are no right answers here.

## 1 • The sentence my mind plays on repeat is...

*It usually starts "I always..." "I'm not the kind of person who..." "People like me..."*

## 2 • Whose voice was it, originally?

*A parent, a coach, a classroom, an ex, a boss. Would they even still say it today?*

## 3 • What job does this belief do for me?

*Beliefs get hired to protect us — from rejection, risk, hope. What is this one protecting you from?*

## 4 • What has believing it already cost me?

*Chances, money, relationships, years. Name it — that's the invoice.*



## Cross-examine, then rewrite

A limiting belief rarely survives real evidence. It doesn't need hype — it needs facts and a better sentence. Then a plan small enough to prove.

### 5 · The evidence AGAINST it — three facts, any decade

*Small counts. A time you did the thing the story says you can't.*

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### 6 · The reframe — same truth, sharper aim

*"I used to believe \_\_\_\_\_. What's true now is \_\_\_\_\_. " Write yours.*

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### 7 · The proof plan — one small thing this week that makes the new belief undeniable

*Your brain updates on evidence, not affirmations. Give it one exhibit.*

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### 8 · If this story retired tomorrow, what would I attempt first?

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## Retire the story. Hire the plan.

Story work is deep work — and it's faster with a coach who's rebuilt her own. The **Momentum Package (\$960)** and **Transformation Partnership (\$1,800)** do exactly this, week by week. Not sure where you fit? A **free 20-minute discovery call** will tell us both.

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*Coaching complements therapy — it never replaces it. Everything you bring stays between us.*