

My Stories

Instructions:

A. First Story:

1. Write a story about your life in the third person following the instructions carefully.
2. First write your story from the viewpoint of being a victim of the circumstances of your life.
3. Take a maximum of 1 and half hour to write your story and stop when the hour and a half is up. This is very important so please honor that time limit.
4. Write an overview of your whole life story, up to this point (although we do have several Hero's Journey's throughout our lives). However, do not end it with "and I lived happily ever after". Your story isn't over yet!
5. Be realistic but always use the third person. For example, you might start with, "Many years ago there lived a" Write this story either online or print it out and write it offline.
6. Follow these guidelines carefully in writing your story from the viewpoint of being the victim of your circumstance. This is your first story. You will then write a second story but do this first.

Include the following elements:

7. **Who defined me?** Who has defined my life? Name them. Family, teachers, friends. How did they define my life? Make them part of your story.
8. **What defined me?** Examples include: what I should do, cultural influences, life events, tragedies, birth order, physical limitations or attributes, opportunities or lack of opportunity, intelligence, language barriers, books, films, politics, etc.
9. **Where defined me?** This includes: environment, estate, mobile home, geographical location, travel opportunities, etc.



B. Second Story.

Instructions:

1. Rewrite your story from the viewpoint of being the Hero/Heroine of your Story
 2. Take a maximum of 1 and half hour to write your second story and stop when the hour and a half is up. This is very important so please honor that time limit.
 3. Write an overview of your whole life story from the Hero's/Heroine's point of view, up to this point (although we do have several Hero's Journey's throughout our lives). However, do not end it with "and I lived happily ever after". Your story isn't over yet!
 4. Be realistic but always use the third person. For example, you might start with, "Many years ago there lived a" Write this story either online or print it out and write it offline.
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1. **Who defined me?** Who has defined my life? Name them. Family, teachers, friends. How did they define my life? Make them part of your story. Did I make certain decisions because of the influences of these people? What were these decisions? How have I transformed these decisions? Could you reframe your story from the perspective of a Hero by exploring the lessons that were presented to you then and (now that you are conscious of them) that you can use today? What new story can you write as a result.
 2. **What defined me?** Examples include: what I should do, cultural influences, life events, tragedies, birth order, physical limitations or attributes, opportunities or lack of opportunity, intelligence, language barriers, books, films, politics, etc. Include how you have overcome these challenges or obstacles and/or how you have handled the opportunities you were given and the lessons you have learned.
 3. **Where defined me?** This includes: environment, estate, mobile home, geographical location, travel opportunities, etc. How did these "where" definitions impact you? How can I transform these definitions to create a life I desire?
 4. What are the most important lessons I have learned, up to this point, about myself on this Hero's Journey?



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