

Your SpitFire Story

Everyone has a story. It’s what makes us who we are. But what if the story we’re telling ourselves actually holds us back. Where others see us as courageous and strong, we see weakness and fear. In this worksheet, you’ll have the opportunity to tell your story. Take a deep breath and give yourself time and space for these exercises.

**Your Foundation Story**

Imagine you and I are meeting for the first time. I ask you to tell me Your Story. (Write it down here. Feel free to use extra pieces of paper.)

Now let’s examine what you’ve just told me. What red flags of judgment, playing small or self-doubt are peeking up? What assumptions and “shoulds” are you making about yourself and others

Go back through and highlight them.

**Finding Your Strength in Your Story**

Using the story you just told me. Pull out the highlighted areas and anything else that has given you experiences, lessons, and bumps along the way. In the first column, write the experience. In the second column, write how this gave you strength or added to your life. (This is what we call a reframe)

**Experience Strength Added**

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**Rewrite Your SpitFire Story**

Using your re-newed strengths and frame of your experiences, tell me YOUR SPITFIRE STORY.