

# **Master Your Story**

## **Action Guide**

Thanks again for purchasing my book. I want you to succeed and to get as much as you can from it. Please make sure you use this action guide alongside the book. In the end, your commitment is what will determine how much you get out of this book. I encourage you to print out this workbook to make it easier to refer to it as you are reading the book. Also, writing down your answers using a pen is more powerful than just typing on your computer.

Let's get started!

# Part I. Understanding stories

## 1. You see what you believe

### A. Why your perception of the world is inaccurate

Write down three ways your current perception of the world might be inaccurate:

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### B. Does your story work for you or against you?

Write down below 3-5 beliefs you hold that are working against you:

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## **2. How your stories were created**

Consider the following questions:

- Why do you believe what you believe?
- How come your friends's beliefs differ from yours?

### **Repetition**

Write down at least three disempowering beliefs that have been planted into your mind through repetition during your childhood:

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### **Interpretation**

Think of one "failure" in your life. Write it down below:

Now, write down the specific interpretation you gave to that event. What meaning did you give to that "failure"?

### **Your brain is a story teller**

What are some disempowering stories you're telling yourself. Write at least 3 of them below (For instance, I won't be happy until..., I am a failure because... etc.)

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## **Key factors contributing to your story**

What information you've been exposed to is largely determined by your personality and your environment.

### **1) Personality**

In what ways did your personality contribute to your story? Write down your answer below:

### **2) Environment**

In what ways did your environment shape your story? Write down your answer below:

### 3. Why your story is fiction

Write down below three ways your story is a distorted version of reality? For instance, did you blow things out of proportion? Did you misinterpret events? Did you allow people to impose artificial limitations on what you can and cannot do?

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#### **Your story keeps evolving**

In what ways are you keeping your current story alive? Write down three thoughts/feelings you've been clinging onto:

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#### **Is your story yours?**

Using the table below, write down what other want your story to be:

People	Story they want to push on me

Now, write down what *you* want your story to be:

#### **4. What your story really consist of**

Write down what is your relationship with at least one of the concepts below:

- Yourself
- Money
- Time
- Love
- Success
- Work

My relationship with\_\_\_\_\_:

#### **5. Why you're attached to your current story**

##### **Uncover hidden benefits from your story**

What hidden benefits do you receive from perpetuating your current story?  
Write them down below (For instance, comfort, other people's approval etc.)

## 6. Understanding your current story

### A. Evaluating your current story

Rate your story on a scale from 1 to 10 for the following:

Level of excitement

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1 10

Level of fulfillment

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1 10

Level of growth

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1 10

Level of alignment

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1 10

## **B. Writing down your story**

Let's look at the story you're telling yourself in each key area of your life (career, family, finance, health, personal growth, relationship, spirituality)

### **Career**

What's your relationship with the concept called "career"?

What emotions do you experience the most in that area?

How would you summarize your story in one sentence?

What better story could you tell yourself so that you reach a 10 out of a 10 in that area?

### **Family**

What's your relationship with the concept called "family"?

What emotions do you experience the most in that area?

How would you summarize your story in one sentence?

What better story could you tell yourself so that you reach a 10 out of a 10 in that area?



**Finance**

What's your relationship with the concept called "finance"?

What emotions do you experience the most in that area?

How would you summarize your story in one sentence?

What better story could you tell yourself so that you reach a 10 out of a 10 in that area?

**Health**

What's your relationship with the concept called "health"?

What emotions do you experience the most in that area?

How would you summarize your story in one sentence?

What better story could you tell yourself so that you reach a 10 out of a 10 in that area?

## **Personal growth**

What's your relationship with the concept called "personal growth"?

What emotions do you experience the most in that area?

How would you summarize your story in one sentence?

What better story could you tell yourself so that you reach a 10 out of a 10 in that area?

## **Relationship**

What's your relationship with the concept called "relationship"?

What emotions do you experience the most in that area?

How would you summarize your story in one sentence?

What better story could you tell yourself so that you reach a 10 out of a 10 in that area?

## **Spirituality**

What's your relationship with the concept called "spirituality"?

What emotions do you experience the most in that area?

How would you summarize your story in one sentence?

What better story could you tell yourself so that you reach a 10 out of a 10 in that area?

### **C. Six common stories people are telling themselves**

#### **Identify current stories you're telling yourself**

Rate yourself on a scale from 1 to 10 for each statement below:

I feel like a victim

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1 10

I let fear stop me from living the life I want

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1 10

I need to sacrifice myself for others

---

1 10

I let pride prevent me from growing and creation a better story

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1 10

I often feel like I'm not good enough

---

1 10

I like in scarcity feeling like I don't have enough

---

1 10

## **D. What key assumptions form your story**

### **Identify your five or ten most limiting assumptions**

Write down the 5 or 10 assumptions that are limiting you the most. To do so, look at negative emotions you experience often and identify the underlying assumptions (thoughts) that triggers these emotions. Try to answer the question, “what would I need to believe to feel that way?”

My most limiting assumptions:

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### **Identify your most limiting assumption**

Now, what is the ONE assumption causing you the most emotional suffering?  
Write it down below:

Come up with as many empowering beliefs as you can to discredit that assumption.

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### **E. What your story is depriving you of**

Write down the positive emotions you're not experiencing often enough:

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### **Write down your thought process**

Write down the different narratives that prevent you from experiencing more happiness, aliveness and fulfillment in your life. (For instance, I don't deserve to be happy because... etc.)

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What new narratives could you put in place to experience more of the positive emotions you're looking for?

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## Part II. Changing your story

### 1. The five key components of an empowering story

1. Empowering beliefs
2. Inspiring vision
3. Strong core values
4. Effective reframing
5. Healthy self-compassion

#### Is your story empowering?

Rate yourself on each of these five components on a scale from 1 to 10?

##### 1. Empowering beliefs

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1

10

##### 2. Inspiring vision

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1

10

##### 3. Strong core values

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1

10

##### 4. Effective reframing

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1

10

##### 5. Healthy self-compassion

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1

10

## **2. Creating your avatar**

What kind of avatar do you need to develop in order to create your new empowering story

### **A. Living according to your values**

Write down your top 3 values below:

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You can find a list of values by clicking [here](#).

### **B. Choosing your quest**

#### **Write down your quest**

I invite you to write down in one or two paragraphs the story of your best self. Write what core beliefs he/she relies on, what feelings he/she experiences and what he/she is accomplishing in this world. Don't hold anything back.

### **C. Impacting the world the right way**

Answer the questions below:

What message do you want to leave to the world after your death?

What exact sentence(s) would be written on your tomb?

How is the world better off having had you?



### **D. Expressing yourself**

How do you want to express yourself?

How do you want people to feel when around you?

### **E. Cultivating the appropriate inner beliefs**

Write down the inner beliefs your avatar would have. Don't censor yourself.

Now, what is the ONE belief, that if you were to adopt, would make the biggest difference?

### **F. Developing the qualities of your avatar**

Write down the qualities you want your avatar to develop.

Now, what is the ONE quality that if your avatar were to develop, would have the biggest positive impact on your story?

### **G. Learning new skills**

Write down the few critical skills that you must absolutely cultivate in order for your compelling story to unfold the way you want it to.

### **H. Filling in the gap**

Write down below the character and skill development that you believe are necessary to close the gap between where you are and where you want to be.



**B. Revisiting your most joyful moments**

Write down three to five joyful memories. Then, spend a couple of minutes to relive each of them as vividly as possible. Try to feel as good as you possible can.

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**C. Focusing on the things you did well**

At the end of your day ask yourself, “What are three things that went well today”? Practice the exercise for the next seven days.

**D. Acknowledging your positive intentions**

Look at two to three of your biggest failures. Select the ones you’re beating yourself up the most about. Then, ask yourself:

- “What were my intentions at that time?”
- “What lesson(s) can I learn from that event/failure?”
- “What empowering meaning can I give to it so that it fits the new story I want to tell myself?”

**E. Remembering times when you displayed courage**

Write down 3 to 5 times when you showed courage in the past:

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Relive these moment as vividly as possible and feel proud about yourself.

### **F. Feeling proud of yourself for the people you helped**

Write down the name of all the people you've helped and how exactly you helped them.

### **G. Expressing gratitude to people who support and love you**

Close and spend 3 to 5 minutes thinking of all the people who've supported. For each person that comes to mind try to remember one specific thing they did for you.

## **Reframing your past**

Think of three major issues you faced in the past. Write down what current meanings you gave them. Then, write what new empowering meaning you could give them instead. Ask yourself,

- What's great about these issues?
- What lesson did/could you learn? Why were they necessary for you?

Your three issues

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-  
-

What's great about these issues?

What lesson did/could you learn?

## **2) Acting in the present**

### **A. The benefits of taking action**

What is one action that if you were to take—either once or repeatedly—would change the most the story you're telling yourself.

## **Do more of what you love**

Write down below the key activities that you need to do to ensure you have a pleasant.

## **B. Pushing the reset button**

For the next seven days, every morning

- Smile as soon as you wake up
- Get out of bed immediately (while smiling)
- Celebrate your day (be grateful for the new day, realize you must make the most of it and practice feeling as if it was your favorite day of the year).

## **3) Envisioning a different future**

### **Where will you be in five years?**

Based on your current story, where will you most likely end up in five years?

Now, write down where you want to be in five years?

What are a few things you need to change to end up where you want to be in five years?

## **Visualizing your future**

Spend a few minutes to visualize the most compelling future you can think of. Then, write down what your ideal situation looks like in each area of your life

Career:

Family:

Finance:

Health:

Personal growth:

Relationships:

Spirituality:



## **4. Changing your environment**

### **Is your environment working for you or against you?**

If you keep your current circle of friends and acquaintances, will you achieve your biggest vision?

If not, what changes do you need to make?

#### **1) Reducing the impact of negative people in your life**

To mitigate the influence of negative people try the following things:

A. Have a serious talk and:

- a. Tell them what you're trying to do
- b. Ask for their support
- c. Tell them exactly how they can support you

B. Reduce the time you spend with negative people

#### **2) Surround yourself with people who will help you become your best self**

Seek to be around people who will help you grow by:

A. Joining groups of like-minded people

What group(s) could you?

B. Investing in programs and join communities

What program(s) could you invest in?

C. Creating you own event

Who do you want to attract in your life and what kind of event could you organize that would appeal to them?

D. Looking for mentor

Who could mentor you and how can you get under their radar?

F. Networking

Who can you befriend? Who do you want to work with long term?

G. Hiring coach

Could you hire a coach? If so, what kind of coach would be the best for you?

### **3) Developing a solid mental environment**

How will you upgrade your mental environment? What type of information will you start/stop consuming?

### **4) Optimizing your physical environment**

What do you need to change in your environment to make it easier for your new story to unfold?

## 5. Exploring different realities

### 1) Subjective vs. objective reality

- **Subjective reality:** or the next 7 days, live your life through the lens of subjective reality.
- **Objective reality:** Select a situation that makes you suffer and look only at the raw facts as if you were an external observer.
- **Third-person reality:** select the most positive person around you and write down what he/she would say regarding your challenges and worries (Fill in the table below)

Most positive person around me	What he/she would say regarding my worries

### 2) Conspiracy from the universe

Imagine that the world is conspiring to help you grow and become your best self. What are the three main lessons the universe is hinting at right now? Write them down below:

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Now, imagine that you know beyond doubt that the universe wants you to succeed. What are three things you would do differently? Write them down.

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### 3) Love vs. Fear

Write down when you're acting out fear. Then, write down what you could do to act out of love instead.

When I act out of fear	What I could do to act out of love instead

### 4) Interesting vs. boring

Answer the questions below:

What's the next move I could take to make the story of my life more interesting/exciting?

If I were totally honest with myself, what would I do to make my story more interesting?

What does the universe want me to do next? Do I feel like I'm being nudged into a certain direction?

### **5) Destiny vs. meaning**

If you knew beyond doubt that you had a destiny, what would it be? Write your answer below:

If you had to give a meaning to your life based on your personality, abilities and/or life experiences, what would it be? Write your answer below:

### **6. Seven powerful beliefs you can adopt to change your story**

- Belief #1—If one, then one million
- Belief #2—If others can, I can
- Belief #3—I can get better
- Belief #4—Others will give up, therefore, I will succeed
- Belief #5—Success is inevitable
- Belief #6 - People want me to succeed
- Belief #7 - I'm the creator of my own life

## **7. Nine empowering assumptions**

Reflect on each of the assumptions below and adopt the ones you resonate the most with.

1. You're exactly where the universe wants you to be right now.
2. The universe is on your side. It always encourages you rather than blaming you, judging you or punishing you.
3. Your story is a gentle invitation from the universe to become all you can be
4. Your story will unfold in the best possible way when you let go and stop trying to control everything
5. Your story doesn't need to be like anyone else's story in any way.
6. It's not anyone's business to tell you what your story should be.
7. The unique purpose of your story is to serve you and create a perfect alignment between who you are and what you do
8. Your story boosts your creativity, makes you feel good, inspires you and open you up to new possibilities
9. If you feel pulled toward a certain vision—even a crazy and “unrealistic” one—it's a sign that the universe might want you to take the first step in that direction. Perhaps, you need to embrace that story.

## **Part III. Integrating your story**

### **1. Conditioning your mind**

Write down a few things—tasks, habits, thoughts—that if you were to repeat every day would allow you to change your story for a better one.

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## **2. Adopting new empowering beliefs**

### **Exercise - write down what holds you back**

Write down everything you believe is holding you back in each area of your life.

Career:

Family:

Finance:

Health:

Personal growth:

Relationships:

Spirituality:



## **A. Challenging your beliefs**

Select three beliefs and ask yourself whether they are always true, all the time in any circumstance? Come up with examples in your own life that disprove these beliefs

Belief #1:

Examples that disprove this belief:

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Belief #2:

Examples that disprove this belief:

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Belief #3:

Examples that disprove this belief:

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## **B. Looking for case studies**

Write down two or three case studies that challenge your beliefs. You can also use a specific notebook/file in which you will record any case study and other inspiring stories you came across.

## **C. Creating affirmations to support your beliefs**

<b>Beliefs holding me back</b>	<b>Affirmations</b>

### 3. Implementing rock-solid habits

#### 7 powerful daily habits

1. Setting daily goals
2. Reading your goals every day
3. Meditating
4. Practicing gratitude
5. Consuming motivational books and videos
6. Self-reflecting
7. Exercising daily

#### How to implement habits that stick

**To implement your new habits, you can use the 5 simple steps below:**

- 1. Define your habits clearly.** Make sure it is measurable so that you know whether you've performed it or not.
- 2. Start small.** Make your habit is easy so that you can stick to it long term and build momentum.
- 3. Set specific triggers.** Have a specific event or action after which you'll perform your habit. That will prevent you from forgetting about your new habit.
- 4. Stack your habits.** Create a chain of habits by implementing a morning ritual for instance.
- 5. Undertake a 30-day challenge.** Stick to your new habits for 30 days in a row. This will help you establish your new habits.

#### Your turn now

Write down three (small) habits you want to implement.

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Then, stack them together and stick to them for the next 30 days.

## **4. Using self-talk to change your story**

### **Adopting new empowering beliefs**

Write down any beliefs that you think is holding you back. Then, write down affirmations to counteract each of them

## 5. Leveraging the power of visualization

Practice visualizing the person you want to be every day when you wake and/or when you go to be. To begin with, you can focus on one specific feeling or one particular belief you want to adopt.

Remember to follow the simple steps below:

- 1) **Relax.** As you put yourself in a deep state of relaxation, you'll gain better access to your subconscious.
- 2) **Visualize what you want.** See your ideal outcome as vividly as possible.
- 3) **Feel as if you're already there.** Engage your emotions. Get excited about your vision. Feel as if you were already the person you want to be, having the things you want to have.
- 4) **Keep focusing on what you want.** Repetition is key. Keep visualizing every day as often as you can.

## 6. Cultivating self-compassion as part of your story

- A. Remember how you felt and what you thought before you start experiencing negative feelings.
- B. Remember past times when you felt bad. Then, realized these difficult moments passed.
- C. Look at the bigger picture. Will it matter in one year from now?
- D. Get an external perspective. Talk to friends who will help see the bright side of things.
- F. Understand you're not alone in that situation. Realizing other people have similar issues too. You're not all by yourself.
- G. Give yourself a break. Avoid beating yourself up when you feel down.
- H. Talk to yourself with compassion. Use self-compassionate self-talk to feel better.
- E. Avoid comparing yourself to others. Remember that other people are not necessarily as happy as they seem to be. And whether they're happy or not as nothing to do with you.
- J. Accept the struggle. Failures are part of your story. Thus, accept your challenges, be self-compassionate and keep putting one foot in front of the other

## THANK YOU SO MUCH!

I hope you will make success inevitable for you and achieve all your goals and dreams in the coming years.

Let me wish you all the best with your new endeavors. I'm very much looking forward to hearing from you.

If you have any questions send me an email at [thibaut.meurisse@gmail.com](mailto:thibaut.meurisse@gmail.com)

- Click [here](#) to connect with me on my Facebook page.
- Click [here](#) to follow me on YouTube.
- Click [here](#) to check out my author page.

Thanks a lot!

Thibaut Meurisse  
Founder of [Whatispersonadevelopment.org](http://Whatispersonadevelopment.org)

## Other books by the author:

Crush Your Limits: Break Free From Limitations and Achieve Your True Potential

Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You

Habits That Stick: The Ultimate Guide to Building Powerful Habits That Stick Once And For All

Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage Your Feelings

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Success is Inevitable: 17 Laws to Unlock Your Hidden Potential, Skyrocket Your Confidence and Get What You Want From Life

The Greatness Manifesto: Overcome Fear and Go After What You Really Want

The One Goal: Master the Art of Goal Setting, Win Your Inner Battles, and Achieve Exceptional Results

The Passion Manifesto: Escape the Rat Race, Uncover Your Passion and Design a Career and Life You Love

The Ultimate Goal Setting Planner: Become an Unstoppable Goal Achiever in 90 Days or Less

The Thriving Introvert: Embrace the Gift of Introversion and Live the Life You Were Meant to Live

Upgrade Yourself: Simple Strategies to Transform Your Mindset, Improve Your Habits and Change Your Life

Wake Up Call: How to Take Control of Your Morning and Transform Your Life

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