



JOURNALING FOR CREATIVITY WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING YOUR LIFE STORY

Writing the story of your life is an incredible reflection tool. We often skim over our accomplishments and brush off what we've learned and how we've grown from our struggles. Once you start making an effort to recall experiences from your past, you'll trigger memories you haven't thought about in years.

All of the experiences you'll recall have combined to make you the person you are. To sort back through some of your life stories will help you understand yourself so much more.

Once you've written your life story take a look at what you've written. I want you to ask yourself a few questions.

Enjoy!

Christa Potter





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▷ How are these patterns still affecting you or holding you back?

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▷ Are there any parts of this story where you've highlighted yourself as a victim?



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▷ Have you focused more on the positive or negative experiences in your past?

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▷ What is that telling you about yourself?

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Notes

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