



STORY OF YOUR LIFE JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



STORY OF YOUR LIFE JOURNALING

▷ What You'll Discover

- What story of your life journaling is.
- The benefits of writing the story of your life.
- How to write your life story
- Tips to get you started.

▷ What is Story of Your Life Journaling

Story of your life journaling is exactly what it sounds like. It writing the story of your life. Journaling on all the experiences and choices that brought you to where you are today.

▷ Benefits of Story of Your Life Journaling

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.



▶ How to Write Your Life Story

When writing out the story of your life you want to highlight things like how you've evolved and grown. The people in your life that influenced you over the years. Your pivotal moments. Your traumas and your triumphs. Who you are and what roles you play in your life, relationships, community, and work life.

Start at your childhood. What shaped you? What was your life like growing up? What are the big memories that stand out to you that have molded you into who you are?

Continue through your schooling and early work life. What shaped your decisions? Your relationships? Why did you follow the path you did? Why were some paths untaken? What do you feel stood in your way? Helped you? Hurt you?

Continue the story of your life until you get to today. How did you get where you are? Where are you going? How are you, the lead character in this story, moving forward? What's the sequel going to look like?

▶ Tips to Get Started

Don't worry about starting at the beginning. Interestingly, a lot of people avoid trying to write down the stories of their lives because they "can't remember back that far." Where you start the story isn't important. Starting it is

Think of your life as a series of short chapters. To simplify your story, each situation you recall can be a "chapter." For example, you might remember the time your Uncle Bob took you fishing and the canoe tipped over. Go to a new page in your journal and write the story.

Focus on getting the story down. Things like sentence structure, spelling, grammar, and the like aren't all that important for now, unless you plan to publish your journal. You can deal with all those things later by going back through and editing the material.

Document what you remember. Get down information about what happened, what you did, what you thought, and how you felt. These details will ultimately lead you to develop a better understanding of how you've lived your life as an adult. More memories may come later to expand on it now that you've unlocked the memory.



Notes

A series of horizontal dotted lines for writing notes.



Take a look at what you've written. I want you to ask yourself a few questions.

Journal Prompts

- Do you see any patterns in your story?
- How are these patterns still affecting you or holding you back?
- Are there any parts of this story where you've highlighted yourself as a victim?
- Is there another way you can look at these moments that is more empowering?
- Have you focused more on the positive or negative experiences in your past?
- What is that telling you about yourself?

