



Shift Your Story

30 minutes to re-write your life

“Tell me about the story of your life. What is your Story and what are your Truths?...”

Do you know what I mean by this?

When I was 24 years old somebody asked me this question and I'd never heard it before. I didn't know the answer.

What was my story? The person asking me was very good at asking questions. He knew that by asking a very open question like that, he'd learn a lot about me, just by my answer.

And I learned a lot about myself, just by my answer.

To help you answer this question, think about what you've experienced in your life so far. Your childhood, your family, your schooling, the places you've lived and your relationships.

How have they defined you, how have they changed your life and how do you describe yourself to others today?

Are you content with Your Story and Your Truths?

Maybe you are, but maybe you've never considered them to be something you could change.

Let's visit that possibility today. Let's pretend you can live that magic Disney wish and change your life into anything and be anyone you'd like even with some sparkles and talking animal friends. Let's imagine. I have a magic wand. I am going to let you borrow this wand for a few days. With this wand you can change anything you'd like.

Consider some aspects of your life as they are now. I'll make a list below of some common areas that people prioritize. Go through each one and write a little bit about what your current beliefs are with each category for your life now.

Give yourself at least 15 minutes to write through your beliefs what do you feel like you deserve in this lifetime with each category?

List of Categories and your Current Beliefs:

- Home:

- Work:
- Relationships:
- Wealth:
- Travel:
- Vehicle:
- Education:
- Spirituality:
- Self-care:
- Health:
- Exercise:
- Clothing:
- Anything Else?

Great job. Take extra time with any category if you want to dig deeper. The more you can understand where you are now and the more you can shine the light of awareness on it, the more you'll see the truth of any situation.

Next, we're bringing out that magic wand. You've won the lottery, you've got magic fairy dust, you have a genie and the bottle you get the idea. You have the power to rewrite any of your current situation.

Take a moment and get really present and calm. Position your feet flat on the floor and take some deep, powerful breaths in through your nose and out through your mouth.

Fill your belly with your breath and then exhale, push the air out through your mouth. Take at least 5 deep breaths and feel your whole body relax.

Let a smile come to your face. You are centered, you have great energy, you have permission to write anything you want here.

Let's revisit each category. This time, tell me about what each would look like if you could apply some magic to it.

Push your boundaries play and dream:

Give yourself at least 15 minutes to write through what you would do what can you create with each category?
List of Categories and your Magical Potential:

- Home:
- Work:
- Relationships:
- Wealth:
- Travel:

- Vehicle:
- Education:
- Spirituality:
- Self-care:
- Health:
- Exercise:
- Clothing:
- Anything Else?

Excellent work. Take extra time with any category if you want to play a little more.

So, the work you've done here is really important. This is not fluff or arbitrary. Most people go through life and don't take the time to reflect on these things. They walk through with blinders on it limits their ability to see all the Truths and it limits their Opportunities for growth and change.

So you have now done more life changing work than most people out there at this point. And, the magical work you did...

You can see that these don't have to remain as unattainable dreams in Neverland? You wrote your Current Story, you will write your Future Story as well. You take each new step, you wake up to each new day, you make the decisions for your life every day.

Hold on to this understanding and feel free to do this exercise whenever you feel called to do it. You may want to do it again soon, now that you know what it's about.

Dig even deeper with your current Story and play even bigger with your future Story. After that, I'd recommend revisiting this either quarterly or every 6 months. You can go ahead and put in on your calendar now and make it a recurring event. I think you'll be really surprised how your answers change each time. If you're a visual person, you could create a vision board or write out your dreams on a pretty piece of paper, or start a new journal to accommodate these new plans for your life.

Thank you for being here and for doing this work. The more people like you do this work, the more happy, fulfilled, amazing people there will be in this world.

Now, I'd love to hear from you. Did you have any big aha moments doing this work? Any fun new dreams? Anything you'd like to share about your experience here?

Shoot me a note and let me know: katy@katymoses.com

And, hold onto these positive feelings as you move forward with your day - planning, connecting and taking action with this kind of high vibe will have amazing ripple effects.

Keep on,
~Katy