

## Your new story

We now invite you to revisit your own story. Close your eyes and helicopter up. Look down at your own story from this high place where you can see the big picture. From up here, see if you can spot blame thoughts, angry feelings, sad feelings or other thoughts, feelings and judgements about your story and in your story. Now open your eyes. Write the thoughts, feelings and judgements that you spotted in your story and about your story into the puppies' callouts below:



*Get Your Life Back*

These thoughts and feelings puppies are probably barking pretty loudly and they may feel very important, as they were part of your story. Now write your goals and values keywords here:



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Are your thought puppies helping you step towards your goals and values? If not, how do you plan to handle the thought puppies next time they try to take charge? Write your plan here:



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