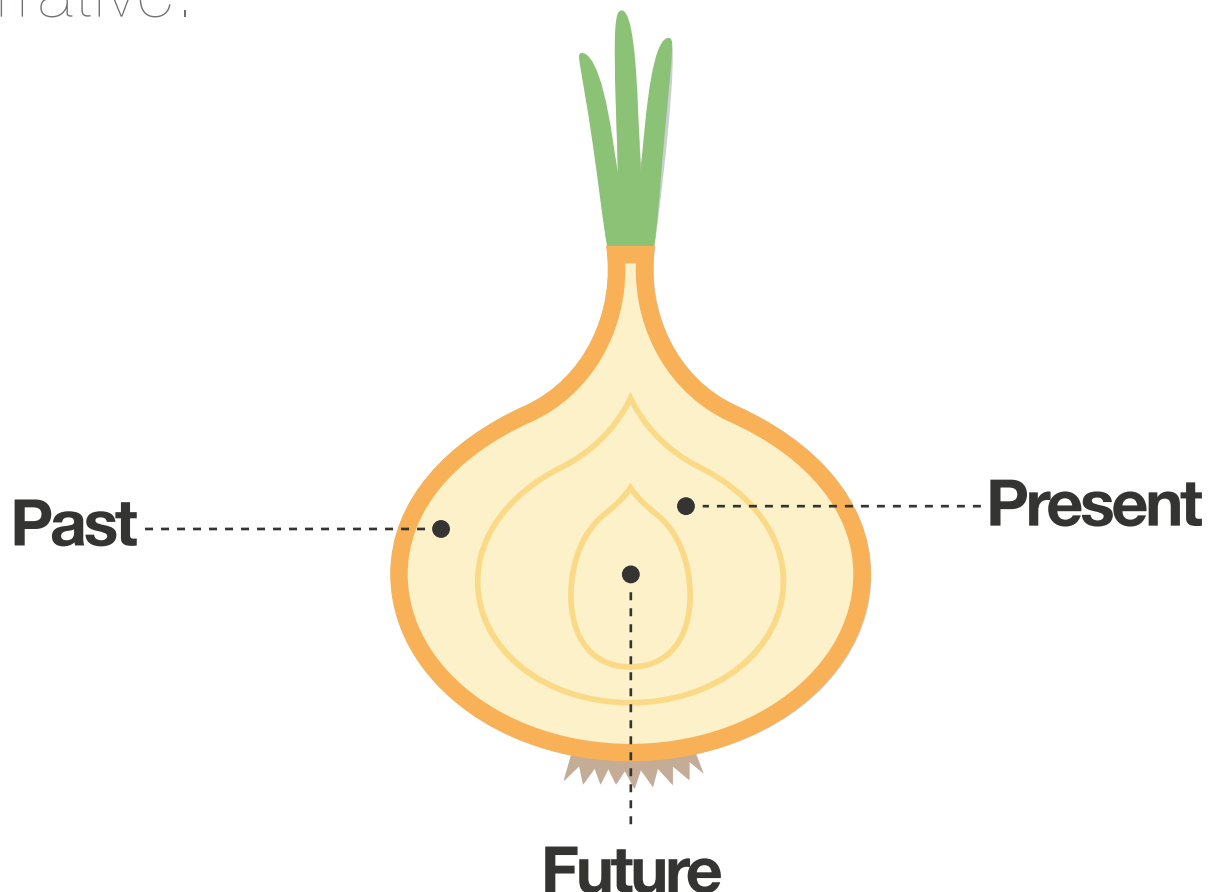


Personal Narrative Building Workbook

The goal of this workbook is to help you begin to better understand your life and purpose by focusing on the three main areas of our personal narrative.



Past

Think about events in your past that helped you learn a valuable lesson. All of us have past events that we may or may not wish to have happen again or wish we could have a do over. These events are part of your “Hero’s Journey.”

The Hero’s Journey is made up of three acts:

Departure, Initiation, Return.

- + The **departure** is all about leaving your comfort zone.
- + **Initiation** is where our beliefs are tested.
- + The **return** is the lesson we learned from the experience.

Spend some time writing about **three events** that helped to shape who you are. Make sure to note all three acts of the Hero’s Journey.

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PERSONAL NARRATIVE WORKBOOK

Event #1:

Lesson #1:

Event #2:

Lesson #2:

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Event #3:

Lesson #3:

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Present

Think about the the special values and traits that people you admire possess. These traits should be exemplary and aspirational. **What actionable steps could you take to bring those traits into your life one step at a time?**

Pick three people and a special trait from each one, then add a step you can take in your life to cultivate these traits.

PERSON #1:

Trait #1:

Personal Action Step #1:

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PERSON #2:

Trait #2:

Personal Action Step 2:

PERSON #3:

Trait #3:

Personal Action Step #3:

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Future

If you were to begin taking steps in adding these traits to your life now, what would it look like in five years?

Who do you become? Spend five minutes writing about your ideal self.