

Rewrite your narratives

Step 1 Select a narrative

A limiting belief, old assumption, or a fear - that is impacting your day-to-day decision making in what activities you choose

Step 2 Ask yourself

What purpose has this narrative served for you, in the present or past? Assume your body has good intentions, and the narratives it creates (even unhealthy ones) are made with good intentions

Step 3 Rewrite a new narrative

One that serves you better for who you are today, and is designed to help you achieve your future goals

Old Narrative

Approach with curiosity: what purpose did it serve?

New Narrative