

Lesson 1:

Rewriting the Movie of Your Life

Exercise: You'll need a couple pieces of paper and a pen

1. Think of your life and your relationships as a movie. Create a safe space for your mind to remember an event, trauma or act that changed how you saw yourself moving forward. Remember the events as if they were a scene from a play and that you are only observing what is happening.
 - a. What is happening?
 - b. Who are the players, actors or cast?
 - c. How are you feeling and what are you saying about yourself because of what has happened?
2. Draw three lines down the middle of a piece of paper.
 - a. On the left side, list the event(s) that changed everything or that left you feeling scared, ashamed, depressed, angry or inadequate.
 - b. In the middle write down the people that were involved and played a consequential role in what happened.
 - c. On the right side, write down what you said about yourself because of what happened, nothing is too small to write down.
 - d. Take a moment to reflect on the list you wrote down. Think about who you have been and if you have been making decisions that feed into your negative thoughts?
 - e. Remind yourself that you cannot change what you cannot see.
3. On a new piece of paper do the same exercise but this time use the right side to write down all of the positive things that came out of the negative event(s) that happened to you. Again, nothing is too small to write down.

The purpose of this exercise is for you to see that the meaning we add to events in our lives can leave us in darkness and despair but that at the end of the day happiness is all about perception. Living a life you love is about being grateful for all life's lessons because if we take the time to look, we can always find some good even when we seem to be surrounded by bad.