

Carpenter Smith Consulting llc

Charting Bold Creative Futures for
Individuals & Organizations Worldwide

CREATING EMPOWERING STORIES

In the columns below, write down the stories you tell yourself. This list will start to reveal the stories you have about what you are capable of and what you believe you are incapable of.

| I AM | I AM NOT |
|------|----------|
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Now that you have your list, examine which of the statements above are true – that you have actual experiences in your history to demonstrate that they are true. Now identify those beliefs that empower you and write them here:

| EMPOWERING STORIES |
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CHALLENGING LIMITING STORIES

Now look at the stories that limit you, see if you can remember a time in the past when you have gotten around these limitations to create success. Too often, people believe that reframing something means saying the opposite of the story but that isn't very helpful.



Instead, see if you can find a story of how you have succeeded despite this truth, which comes from a place of power.

Using the table on page 2, challenge your limiting stories.

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For instance:

If your limiting story was:

I am not good with numbers or with business.

It would *not* be very helpful simply to say:

I am good with numbers and business.

Instead, reflecting on the ways you got around your limits or the limits you have believed in the past and you might create an empowering story such as:

I have the ability to learn what I need to learn to succeed

Play with this over the next week and see if you can add some truly empowering stories to your life that will support your success.

CHALLENGING LIMITING STORIES

| LIMITING STORY | EMPOWERING STORY ABOUT HOW I'VE GOTTEN AROUND THIS "LIMITATION" |
|----------------|---|
| | |
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| | |

Now create a list of the three to five stories that you will practice bringing to mind when you think about yourself in different settings. Write them on a post it and put it on your frig or have it show up as your screen saver – it will take practice to learn new stories and it's really worth it!

STORIES I WILL RELY ON

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