

Mythologizing yourself worksheet

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1. Look back at your life and your childhood and the negative things that you experienced and see how you can turn those around to be lessons you're thankful for in order to make you who you are today. Add any pictures if possible. (For example: I grew up poor and experienced lack, got told I was dumb at school and didn't achieve anything in my life but I'm thankful for this because it made me hungry to prove myself and make a stand towards reforming education and employment).

2. What events or milestones can you build into your story right now? Add any pictures if possible. (For example: If you have a 9-5 job take a photo of your current desk and then write down the first chapter about how life is right now).

3. What's the next milestone in your story the way you want it to pan out? Add any pictures to represent this. (For example: I decided to start my own consulting business and I grew it up to \$10,000 /month within the first 3 months and then quit my 9-5 job to go all in).

4. What's the next milestone in your story the way you want it to pan out? Add any pictures to represent this. (For example: I grew my consulting business to \$30,000 /month in the first year, moved out of my apartment and into my dream home).

5. Add any other milestones well into the future for your story the way you want it to pan out. Add any pictures to represent each milestone and write a description next to each one. Aim to write your story 1-3 years out exactly the way you want it to happen and then consciously put that into action everyday pushing to achieve that next milestone and tick it off.