



MODULE 5 STORY





"CHANGE YOUR STORY, CHANGE YOUR LIFE..."

-DEEPAK CHOPRA





The Max Mindset **30 Day GROWTH Accelerator Challenge** is a self-improvement coaching strategy and powerful **self-discovery tool**.

Look at all the exercises and challenges as a way of opening the lens and changing the perspective...with the intention of discovering something illuminating about yourself.

Something worth noting, changing, enhancing or strengthening...



Module 5: Your Story ACCELERATOR CHALLENGE







Objectives:



1. Understanding the power of YOUR STORY.

- 2. Recognizing Your PRIME Narrative.
- 3. Become the writer and the director-CHANGE the STORY



Brian's Story

"I can't remember a single fun moment with my dad that didn't involve alcohol."

Whether we were in the park playing catch, on my dad's little fishing boat, or celebrating one of my birthdays he always had a bottle or case of beer stashed on the side..."





Brian's Story



"I recall sitting on the center console of our 69 Corvette Convertible with my dad behind the wheel and mom in the passenger seat.

We were returning home from some sort of celebration...dad shied away from the main roads whenever he had been drinking...

we must have hit 98 mph on those tight residential backstreets.

They were both completely inebriated."





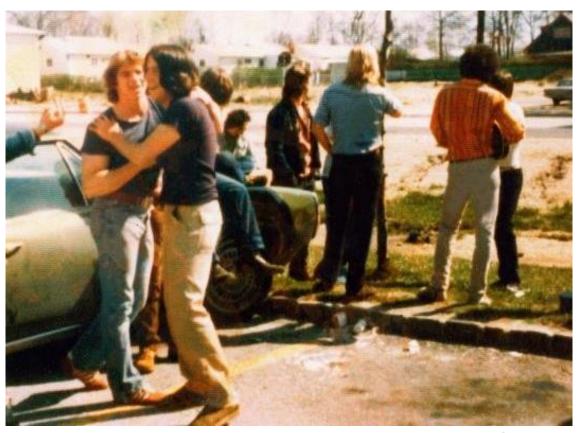
Brian's Story

"My High School years were a blur. It was one party after another. I used to cut out of class, smoke weed and drink beer in the woods next to the school...now and then a few buddies would join me but most of the time it was just me."

I would head back to class for the next period, wasted and no one ever knew.

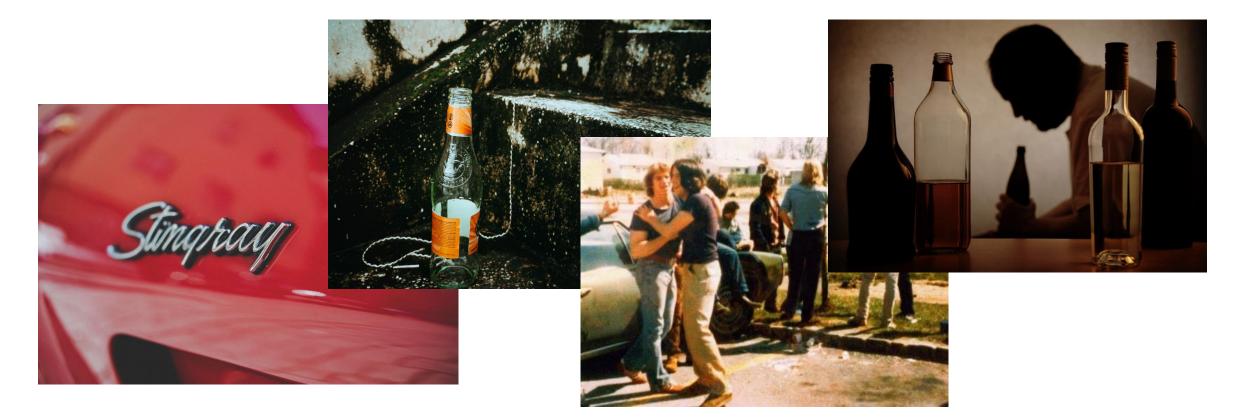
One time my buddy John and I got so wasted we stole one of the school buses idling in front of the cafeteria and led the cops on a wild goose chase. It ended when we wrapped the bus around a telephone pole.

How I didn't wind up in jail, I'll never know..."





Brian's Story





Brian's Story





Brian's Story

We all need some sort of reliable basis for anticipating or even predicting the future, it's threats and possible rewards...in many respects that's what our prime narrative does.

"The best predictor of the future is what - past performance and experience."





Brian's Story

Our prime narrative does the same thing on a much larger temporal scale.

Except that it can misinterpret "change" like starting a business — bestselling author — making more money — winning a championship or even leaving a disempowering relationship as a future threat.





Brian's Story

Our **prime narrative** is our primary story –based on the bedrock knowledge we have of the world, our intuitive reasoning, our private thoughts, and our communications with others weaved into a coherent story.

The Dragon likes Brian's the story just as it is.





Brian's Story

Changing or even challenging the prime narrative represents a threat to the current values and beliefs systems that's gotten Brian this far...those values and beliefs that have helped him survive.



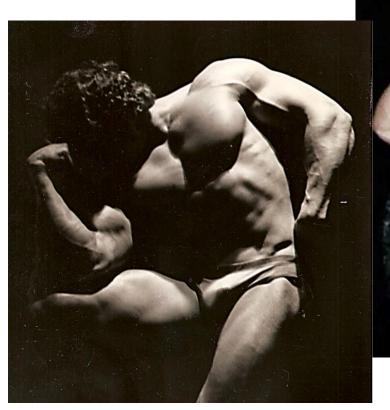


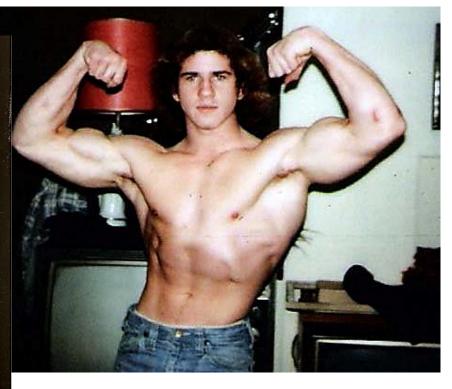
Brian's Story

"Threat" could be any kind of discrepancies between the narratives expectations of how things will be... and the standards needed to be met for how they should or could be.



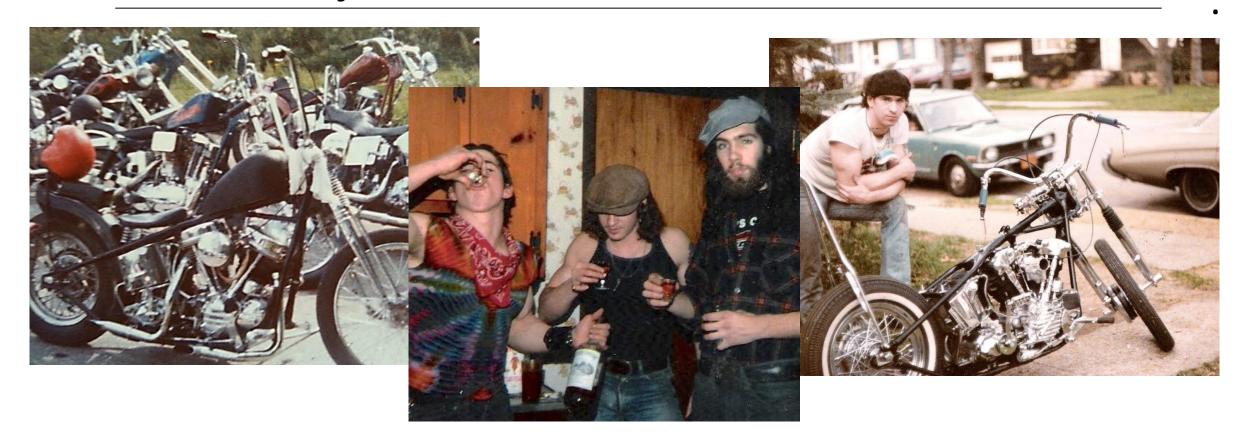
Tom's Story







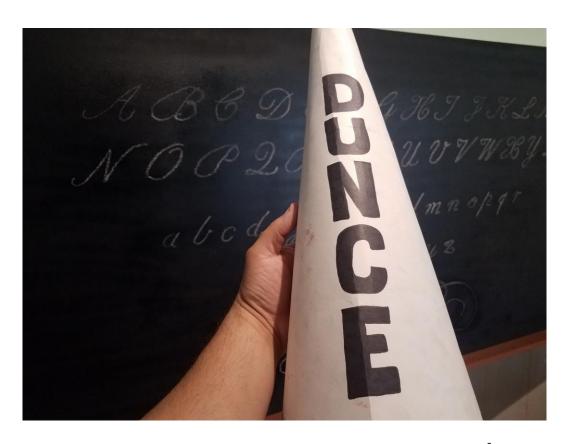
Tom's Story





Tom's Story

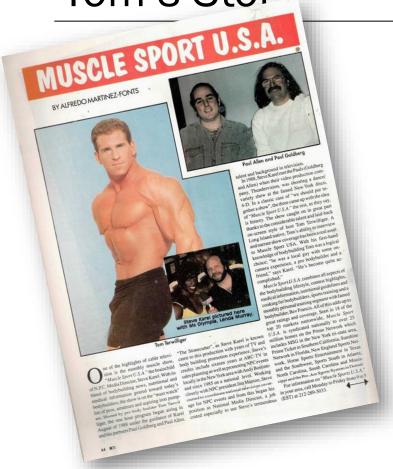
"I Am Stupid!"



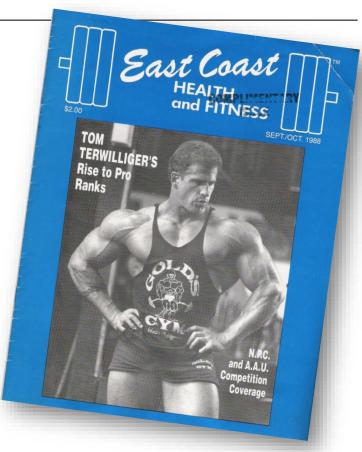




Tom's Story









Your Story

What's your story?





Your Story

But how do we change our narrative?

How do you become the HERO?





How do we change the narrative?

- 1. Recognize that your story is keeping you STUCK.
- 2. Retrace the origin of the story.
- 3. Change the Meaning.
- 4. Reinforcing declarations or empowering questions.
- 6. Tell Only Good Stories About the People Around You.





