

# GREAT STORY WORKSHEET

## VICTIM STORY

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# Live Your Great Story!

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*“Greatness has nothing to do with external measurements of achievement. It has everything to do with embodying the courageous and authentic journey your Soul is calling you to make. It is a function of the emotional truth of your life. Your Great Story is a story of profound, REAL transformation.” — Leza Danly*

## THREE TYPES OF STORIES

You are always telling your story. Whether you are conscious of doing so, you are interpreting your circumstances and crafting a narrative to reveal who you are and what you believe to be true.

### VICTIM STORY:

Emerges out of a lie of separation and feelings of powerlessness. Justifies blame, pity, manipulation, and control strategies.

### OVERCOMING STORY:

Reaching for empowerment, sometimes resulting in external success, often entrenching pathways of struggle and the attempt to prove your value through your accomplishments.

### GREAT STORY:

Emerges from the synergy of your passion, triumph, and grace. It is a story of admitting how deeply loved you are and receiving the gift of life with gratitude and joy, with the freedom to create the life that expresses and uncovers more of who you truly are.

## GREAT STORY BUILDING BLOCKS:

**PASSION:** Passion is beyond any linear description or definition. It is carved by your Soul and tempered by your Spirit. The experience is associated with a) feelings of boundless love – a love that has no limits, b) unbridled enthusiasm – no holding back, c) an insatiable longing – a longing that cannot be sated, a thirst, a hunger, a desire, and d) an unending yearning – a yearning without end.

**TRIUMPH:** Genuine triumph is a victory of character. It is not about achievement or tangible accomplishment. It is about an internal change, where you set down the behavior that keeps you feeling separate, and you embrace the character of your Truer Self. Finding the core of your triumph, the one that transcends your core struggle, is a powerful path to your optimal future. It's a way of articulating, the central, most important spiritual achievement of your life. It's what your Soul journey is all about. The purpose of the triumph statement is to create an energetic and emotional bridge to the dream of the Great Story.

**GRACE:** That which “comes naturally” to you is called your grace. Just as flight comes naturally to an eagle, there are certain things that come naturally to Human Beings. From the time we are born, we are learning new skills. We learn to perceive through our five senses, to sit up, and more. Then we begin to challenge ourselves, create order, create meaning, and more. All the while, we are driven by a spiritual hunger to re-discover the oneness of our divine connection. This is our grace as human beings.