

# Rewriting Your Story Self-Reflection

**Take some time to think about rewriting your story. Use the prompts below to guide your thoughts.**

**1. Why do I need to rewrite my story?**

**2. Am I repeating the same bad habits over and over?**

**3. What is it that I'm looking to gain from rewriting my story?**

**4. Is changing my story for myself, others, or both?**



**5. Do I believe that God led me down this path? Why/why not?**

**6. Am I okay with doing this alone?**

**7. What areas am I experiencing low self-esteem?**

**8. How do I think this will boost my confidence?**

**9. What will help me to stay the course when it gets tough?**

