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?