



## Story Check

**What was the loop running in the background today—and who taught it to me? Let's drag the hidden narrative into daylight.**

Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. What belief or story popped into my head repeatedly today? \_\_\_\_\_

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2. When did I first learn or absorb that story? \_\_\_\_\_

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3. Did that belief actually help me—or just limit me? \_\_\_\_\_

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4. How did it shape my behavior or choices today? \_\_\_\_\_

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5. Was there a moment where the story felt like a lie? \_\_\_\_\_

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6. What triggered the story—words, looks, actions, memories? \_\_\_\_\_

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7. If I paused it mid-thought, what would I say back to it? \_\_\_\_\_

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8. Does this story reflect the me I am now—or who I used to be? \_\_\_\_\_

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9. What belief would I rather run in the background instead? \_\_\_\_\_

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10. What proof do I already have that the new story might be true? \_\_\_\_\_

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