

"CHOOSE THE STORY YOU TELL"

1. NOTICE THE STORY YOU TELL

As it relates to _ Health/relationships/career/finances_ how do you feel?

Why?

What is your perceived cause of the situation?

Where does this story sit in your body? What does it feel like?

2. OBSERVE WHERE YOUR POWER RESIDES

Scale of 1-10, how empowered do you feel to change the situation? (1 = not at all; 10 = fully empowered)

1-----10

Where is your power sourced from:

- within
- outside of you

3. IDENTIFY THE IDENTITY

What part of you keeps the story alive? List the aspects of yourself that contribute to this experience:

If this collection of attributes had an identity, what would it be called? (see Archetype Identity Chart)

Is this identity serving your highest good, a match for your ideal future? -----

ARCHETYPE IDENTITIES

Accountant	Court Jester	Gigolo	Magician
Achiever	Coward	Giver	Maiden
Addict	Craftsperson	Glutton	Martyr
Addicted Lover	Creator	Go-Between	Masochist
Adonis	Crime Fighter	God	Master
Adventurer	Critic	Goddess	Matriarch
Advocate	Crone	Godfather	Mediator
Alchemist	Damsel	Gourmand	Meditator
Amateur	Dark Lord	Gourmet	Mentor
Ambassador	Defender	Grandstander Bully	Mercenary
Analyst	Derelict	Guide	Messenger
Anarchist	Destroyer	Gunslinger	Messiah
Anchorite	Detached	Guru	Midas
Angel	Manipulator	Healer	Minister
Anima	Detective	Hedonist	Minstrel
Animus	Devotee	Helper	Miser
Apprentice	Devouring Mother	Herald	Momma's Boy
Arbitrator	Dilettante	Hermit	Monk
Architect	Diplomat	Hero	Monster
Artisan	Disciple	Heroine	Mother
Artist	Divine Child	High Chair Tyrant	Mother Nature
Athlete	Don Juan	Ice Queen	Muse
Attila	Double Agent	Idiot	Mystic
Attorney	Dreamer	Impotent Lover	Narrator
Author	Drunk	Indentured Servant	Nerd
Avenger	Dummy	Indigent	Networker
Beggar	Earth Mother	Individualist	Ninja
Black Widow	Emperor	Innocent Child	Nomad
Bon Vivant	Empress	Innocent One	Nonconformist
Boss	Enchantress	Innovator	Novice
Builder	Engineer	Instructor	Nun
Bully	Enthusiast	Intellectual	Nurse
Burglar	Entertainer	Intuitive Healer	Observer
Caregiver	Environmentalist	Inventor	Oedipal Child
Casanova	Epicure	Jester	Olympian
Celibate	Escort	Journalist	Orphan
Challenger	Eternal Boy/Gild	Judge	Orphan Child
Champion	Evangelist	Killer	Outcast
Chef	Everyman	King	Outlaw
Chief	Examiner	Knight	Patriarch
Child	Exorcist	Leader	Peacemaker
Clown	Explorer	Legislator	Perfect Mother
Communicator	Fairy Godmother	Liberator	Perfectionist
Companion	Father	Lobbyist	Performer
Con Artist	Femme Fatale	Loner	Persona
Consort	Flirt	Loser	Philosopher
Consumer	Follower	Lover	Pickpocket
Copyist	Fool	Loyalist	Pilgrim
Counselor	Friend	Mad Scientist	Pioneer
Courier	Gambler	Magical Child	

Pirate	Seeker	Werewolf
Poet	Seer	Wise Old Man
Preacher	Serial Killer	Wise Woman
Precocious Child	Serpent	Witch
Priest	Servant	Wanderer
Priestess	Settler	Warrior
Prince	Sex Addict	Weakling
Princess	Shadow	Weakling Prince
Private Investigator	Shaman	Weaver
Profane Prostitute	Shape-shifter	Wizard
Progenitor	Sherlock Holmes	Workaholic
Prophet	Sidekick	Working Mother
Prostitute	Siren	Wounded Child
Protector	Skeptic	Wounded Healer
Protester	Slave	Zombie
Provocateur	Sleuth	
Psychopath	Snoop	
Queen	Sociopath	
Rabbi	Soldier	
Rebel	Soldier of Fortune	
Redeemer	Spell-caster	
Reformer	Spiritual Master	
Renunciate	Spoiler	
Rescuer	Spy	
Revolutionary	Stepmother	
Right Arm	Storyteller	
Robin Hood	Student	
Romantic	Succubus	
Ruler	Swindler	
Saboteur	Sybarite	
Sacred Prostitute	Teacher	
Sadist	Temptress	
Sage	The Self	
Samaritan	Therapist	
Samurai	Thief	
Savior	Tomboy	
Scapegoat	Trickster	
Scavenger	Tyrant	
Schemer	Tutor	
Scientist	Vagabond	
Scribe	Vampire	
Sculptor	Victim	
Secretary	Villain	
Seducer	Virgin	
Seductress	Visionary	

REFERENCED FROM: [HTTPS://SCOTTJEFFREY.COM/ARCHETYPES-LIST/#WHAT_IS_AN_ARCHETYPE](https://scottjeffrey.com/archetypes-list/#WHAT_IS_AN_ARCHETYPE)

5. CHOOSE A NEW VERSION

If the story you tell is not serving you, what would you choose instead? How do you want to feel?

6. RELEASE THE OLD

Feel the old story in your body.

Thank the old identity that keeps it alive for its service, for keeping you safe, for doing its best. Let this part of you know that another part of you is going to take the lead now.

CHOOSE A MEANS OF RELEASE AND SET THE INTENTION TO RELEASE:

Breathwork

Chakra Clearing Meditation

Chord Cutting

Work with Energy Healer

7. WELCOME THE NEW

What new identity could you activate that is a match for the story you choose?

What traits does this part of you have?

How would this part of you view the situation?

What actions would this part of you choose?

Visualize, meditate and ENERGIZE the NEW story and NEW identity. ***What you focus on Expands.*** Be sure you are clear on what you want to expand into your experience. Your intentional attention is your power source.

your Emotional GPS

This side you are in alignment with truth

1. Faith, Trust, Joy, Love, Appreciation, Gratitude
2. Passion
3. Enthusiasm, Eagerness, Happiness
4. Positive Expectation, Belief
5. Optimism
6. Hopefulness
7. Contentment

This side you are resisting truth

8. Boredom
9. Pessimism
10. Frustration, Irritation, Impatience
11. Overwhelm
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger, Resentment
18. Revenge
19. Hatred, Rage
20. Jealousy
21. Insecurity, Guilt, Unworthiness
22. Fear, Grief, Depression, Despair, Powerlessness, Shame

Based on the book 'Ask and It is Given' by Abraham-Hicks