

10 MINUTES TO CHOOSE A DIFFERENT STORY

_____ Date:

One ongoing issue or experience you're working through:

Two important details about your issue or experience:

One way in which the work you're
doing has made you stronger:

One way in which the work you're
doing has made you wiser:

Looking back on the work you've done so far, one thing you're really proud of:

One way you can think about this issue or experience that will
help you to continue to move forward: