

**“When writing the story of your life,
don’t let anyone else hold the pen.”**

WHO

*“Above all, be the heroine of your life,
not the victim.” - Nora Ephron*

- Who do I want to be?
- Who was I before people told me who to be?
- Who do I admire?
- Who do I want to serve?
- Who do I need to convince or impress?
- Who supports me?

WHAT

*“We are what we repeatedly do.”
- Will Durant*

- What do I want to do?
- What is most important to me?
- What’s currently missing from my life?
- What do other people think I’m good at?
- What would I do if I could do anything?
- What would I regret not having tried?

WHEN / WHERE

*“What’s past is prologue.”
- William Shakespeare*

- Where have I been most successful?
- When have I challenged myself?
- When have I felt most in my element?
- Where do I want to make an impact?
- Where do I feel I can be most myself?
- When will I feel ready to live my own life?

WHY

*“People don’t buy what you do; they buy
why you do it” - Simon Sinek*

- Why did I choose my line of work?
- Why am I good at it?
- Why am I not fulfilled?
- Why do I stay?
- Why is what I (want to) do important to me?
- Why am I not yet where I want to be?

HOW

*“How we spend our days is, of course,
how we spend our lives.” - Annie Dillard*

- How am I unique?
- How do I create value for others?
- How do I define success?
- How have I stalled or been overlooked?
- How do I get in my own way?
- How will I make my goals a reality?

NEED HELP REWRITING AN OLD OR UNHELPFUL NARRATIVE?



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@CommanderInShe



valeriejgordon