



Six Bullet Points

THANK YOU AURORA WINTER FOR THIS PRACTICE

Write a list of six turning points in your life as bullet points. Go with the first things that come up. Don't censor yourself or judge what arises, go with your first instinct without questioning it. Write just the facts, no detail or embellishment. For example: Moved to LA, First job as an architect, My daughter was born, Car accident, Mother died...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Tell the story of your six bullet points from a victim's point of view. A kind of "Woe is me, I had it so hard" type of story. Describe the events on your list as if you were a victim. Give yourself a time limit of no more than twenty minutes.



Next, give your story a catchy title that summarizes it. For example “Burnt Out at 40, Angry and Addicted, Scared and Overweight in Vancouver...”

Now tell the story of your six bullet points from a hero’s perspective. Describe your turning points as if you were a hero. What was good about what happened? What did you learn? How are you a better person because of what you went through? Give yourself a time limit of no more than twenty minutes.

Give your Hero’s story a catchy title that summarizes it. For example “Finding Passion & Purpose at 41, Empathy is my Superpower, Happy & Healthy in Vancouver...”



What are you more aware of after this practice?

What did you learn by doing this exercise?

What is something good that came out of doing this practice?

How will what you've learned in this practice help others?



How do you think differently after this practice? What's your new story?

How will you apply this new awareness in your life? List 3 action steps

1.

2.

3.
