

Your Kindle Notes For:



Choose Your Story, Change Your Life: Silence Your Inner Critic and Rewrite Your Life from the Inside Out

49 Highlight(s) | 0 Note(s)

Location: 375

That yellow brick road—your yellow brick road—the one responsible for leading you to the destiny you desire, is composed entirely of the stories you tell yourself. The good news is that you are a great storyteller. Or if not a great one, then at least one who is prolific. The bad news is that all stories are not created equal.

Location: 378

Choosing the right stories is the only way to create the road to the future you desire.

Location: 403

The crazy thing about self-stories is that they actually become your life. Your self-stories become true. They are an ongoing, self-fulfilling prophecy. That, above all, is the most amazing part: we become our stories.

Location: 419

How they could go from being so blocked to suddenly breaking through—all because of the stories they chose to put on repeat.

Location: 777

each case, we rise to our expectations. In other words, we literally become our stories.

Location: 855

When you cross a powerful story with reality, reality changes. The story, true or false, changes your future, for better or worse. Tell your brain a story, and it will find what it needs to make it true. That's a challenging gap to bridge. Or is it?

Location: 892

I was at a self-storytelling crossroads. It was as if the overgrowth had suddenly cleared, and the yellow brick road was revealed in all its glory right before my eyes, the Emerald City almost within view. The obvious answer was—well, obvious: scream Yes!, pack my bag, and head to Vegas on the next flight out. Instead, with that single opportunity, a set of automatic self-stories were triggered—stories I didn't even know were there. Can you guess what stories were holding me back? From what I've told you so far, you might think it was a spiral of professional self-doubt. Sure, I was "prepared," but prepared enough for the biggest client of my career thus far on a moment's notice? No way.

Location: 1,001

Anytime Michael or I lay out a plan that is way simpler said than done, and we catch ourselves doing it, we follow up the plan by saying in a goofy voice, "All ya gotta do is . . ."

Location: 1,057

As Swiss psychologist Carl Jung is purported to have stated: "Until you make the unconscious conscious, it will direct your life, and you will call it Fate."

Location: 1,103

It isn't the behavior that is holding you back. It is the hidden story you tell before the behavior. By repeating the same story, we do the same things, and we get the same results as always. The new job remains unapplied for. The new business remains unstarted. The book remains unwritten. The jeans remain too tight. The relationship remains strained. Life stays as status quo. The gap remains uncrossed.

Location: 1,128

The stories are there. You can either take charge of your stories, or you can let them run your life the way they have been. The choice is yours.

Location: 1,180

While you don't get a choice in whether or not stories are being told—like it or not, the story is happening—the good news is that the choice of which stories you tell is entirely yours. Because while there are certainly stories that keep you stuck, that make you feel heavy, and cause you to wonder if you'll ever cross the great divide, there are also stories that can set you free. There are stories that can propel you forward. There are stories that can lift you up and over the challenges, stories that can break through the barriers.

Location: 1,291

Whenever you find yourself with that thought in your head that confidently says you are or are not something, that's an iceberg moment. Phrases that include always or never are also dead giveaways to a self-story working against you. There is also the half-sister—that you can or cannot do something—and the close cousin that you couldn't or wouldn't be able to do something.

Blue highlight | Location: 1,349

I've found this single question helpful: What habits do I have that are the opposite of what I want?

Location: 1,430

But as with most problems, pointing at them doesn't solve them.

Location: 1,475

Just because a) you never really think about these moments and b) you're definitely never asked about them doesn't mean that these memories are random, nor are they insignificant. In fact, these instances, these stories and many, many more have all been carefully collected, curated, and compacted by your subconscious into a gigantic, unseen threat to everything you've ever desired.

Location: 1,516

Identifiable characters Authentic emotion A significant moment Specific details

Location: 1,546

Self-stories are little snapshots in time. They're significant for their impact, not their size. The compliment at the gas pump, the weigh-in at elementary school. Sitting across from an unhappy customer in a fluorescently lit boardroom.

Location: 1,641

Asking, "Where does this story come from?" creates the opportunity to actively accept versus passively adopt the stories that cross our paths.

Location: 1,755

Question #6: Where am I in this story? This is my favorite question and the one that alone has the power to change your life.

Location: 1,781

You can do the same. If you don't like the way the story ended, don't end the story there. Make it the middle.

Location: 1,864

Generalizations aren't stories. Neither are statements. The goals you set for this year? They aren't stories either—they're just places you're aiming for. "I'm going to Italy" isn't a story. "I'm going to exercise more" isn't a story. Goals, aspirations, hopes, and dreams are wonderful things—but they aren't stories.

Location: 1,879

When you look for better stories to tell yourself, make sure they are actual stories and not just lists of reasons. If change is what you're seeking, actual stories are what you need. Do they include the components? Can you see it replay in your mind like a movie?

Location: 1,893

If small negative stories can hold you back, then small positive stories can propel you forward.

Location: 2,016

The stories you borrow come with a warning: stories online may be different than they appear.

Location: 2,024

Your mother wasn't wrong when she said comparison is the thief of joy; she simply failed to mention that comparison is also a perfect opportunity to tell yourself a better story.

Location: 2,201

Speaking aloud, I've discovered, is more than just practicing what I say; it's discovering what I'll say.

Location: 2,291

it's impossible to feel like you're doing something important and feel average at the same time.

Location: 2,297

Next time <trigger>, I will say <new story reminder> and tell myself <new story>.

Location: 2,543

too much focus on destination means not enough energy acknowledging and honoring the stories of the journey.

Location: 2,571

Potential can be a cruel master, and goals have a way of highlighting its power. Potential is fleeting. It's ambiguous. By definition, you never quite reach it. Skills enable new skills.

Accomplishments enable newer, larger accomplishments. Confidence begets greater confidence. Your potential is an ever-moving signpost that is wonderful for helping you grow, but terrible if you never celebrate that growth by looking back at the stories that show you just how far you've come.

Location: 2,601

The first place to start installing better stories is anytime you find yourself telling a story of why you can't.

Location: 2,697

Just make sure you know the address of your Emerald City, or at least the zip code, so you end up in the right place.

Location: 2,754

Where the Mind Goes, the Body Follows

Location: 2,766

The "travel-equals-illness" story is not a story that serves me, so I don't tell it. I never consider it. That story is not allowed anywhere near me.

Location: 2,863

Understanding it better meant freedom from the subtle fear of it.

Location: 2,959

Saying you'll show up and then not doing it over and over and over takes its toll on any relationship, including the one you have with you.

Location: 3,249

Based on what stories Amy has uncovered, stories that serve her, a new iceberg statement begins to emerge: "I am always able to make the money I need."

Location: 3,257

clear steps: Write down the stories—capture them at least once. Share the stories aloud. Plan for the tough moments. Start each day with your stories.

Location: 3,284

And while I know that all money stories do not begin as equals, the possibility of telling yourself a new story that serves you is available to everyone.

Location: 3,368

The first is to recognize that their behavior isn't the problem—the problem is that the behavior has triggered one of the stories you carry with you.

Location: 3,382

Brené Brown said, "People are hard to hate close up. Move in."

Location: 3,416

It's important to note, there is no right and wrong here. There are simply two different sets of self-stories. Recognizing and honoring that is the most effective way of moving forward.

Location: 3,552

"We've all heard the importance of changing our negative thoughts into positive ones . . . but focusing on stories, instead of just thoughts, makes it more tangible. You're not just saying, 'Oh, think positive,' but instead, you're replaying things that actually happened. Things that were real. There's power in that." These were the thoughts she shared on our group call before our third one-on-one call, which she eventually scheduled.

Location: 3,721

Instead, I told him stories that turned the abstract idea of "new things are fun" into something vivid, memorable, and concrete. Now, when my son encountered a new event, instead of fear triggering a response that held him back, he could retell one of the many stories of when new things were actually the best, thereby changing the way he approached a new situation altogether.

Location: 3,725

equipping kids with statements isn't as powerful as equipping them with stories.

Location: 3,737

Don't just tell them that they're resilient—tell them the story of their resilience.

Location: 3,740

Even if they look too busy for something as silly as a trip down memory lane, tell them stories. It's the greatest gift you can offer—the gift of perspective. The gift of watching someone grow and seeing them in a way they can't possibly see themselves.

Location: 3,867

Yes. Changing your life is as simple as choosing better stories to tell yourself. That's it.

