

Why these questions matter:

We often think our lives are fixed in ink, but narrative coaching reminds us that most of what we feel stuck in is just a draft. By naming the character you're playing and identifying the 'noisy' narratives that aren't yours, you begin to reclaim the authorship of your days.

These questions help you move from reacting to the world to acting with intention. Remember: the goal isn't to write a perfect story—it's to write an honest one.

A thought to carry forward:

As you step back into the noise of the world, ask yourself:

*'If I were reading this story,
what would I want the hero to do next?'*

Sometimes, the bravest thing you can do is simply decide that the next page doesn't have to look like the last one.

If you're ready to edit your next chapter in community, join us in The Collective. Or, if you'd prefer to work through your manuscript privately, book a Discovery Call.

Every story is a work in progress. You don't have to edit yours alone. If these questions stirred something in you, I'd love to hear about it.

Matt | The Book of You
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The Book of You

The Narrative Audit

Reading Between the Lines of Your Own Life.