

# Becoming the Hero of Your Story Instead of the Victim – A Virtual Coaching Session for You

**By Kelly Russell**

You will need paper and a pen (or the electronic version of them) and the current edition of your life story, which I'm pretty sure you have memorized/tattooed somewhere. And just in case your ego mind is telling you to close this document because you don't have time to re-write your *whole entire frickin' life story right now*, for God's sake – you're busy - fyi, that's not the intention for this session. So sit your ego down, tell it you've got a whole bag of "shhhhh" with its name on it, and give it a coloring book and some crayons and let's do this thing.

**1.** To begin, think about some difficulty or challenge that you want to heal – something that has been harshing your mellow for a long time – perhaps your entire life. The first one your mind spits out is the one you're supposed to use today.

Ok, so do you have your challenging issue? Good. Now, write it down.

**2.** Now, in looking at the issue you identified - consider the reason(s) you tell yourself for *why* you have that particular issue – maybe it is something you were told or something you felt, a message that you believe was somehow conveyed to you as a child or some other time in your life.

Many people with whom I have worked believed things such as: they were inherently bad, not good enough, difficult children, a burden to their parents; or that it was their (impossible) responsibility to make people happy, fix them, or somehow make up for their unhappiness.

What was the belief that you formed, and where do you think it came from? Got it? Ok, write that down.

**3.** Now, think about how having that belief about yourself has governed your life – how has it caused you to behave, what choices have you made as a result of that belief, what role has it had in the relationships you have been attracted to, the jobs, the decisions, the experiences... and what are the judgments – of self and others – that it has fostered in your mind?

Write them down. Every one of them that you can think of. This is your Old Story, and the one which you are a victim of. In this story, something happened, and you erroneously made false meaning out of it, and that meaning became your underlying belief about yourself and the world, and caused you to react in a particular way to what happens in your life. Not only that, it has formed a vibrational energy field in which you have located yourself. It's what you are broadcasting. This results in you magnetically

attracting to yourself people, situations, and experiences that are a vibrational match to that energy, which then becomes a self-fulfilling prophecy, and validates the belief you had in the first place.

4. Ok, let's now author a new ending to this chapter of *your* Old Story – one that is told from love, rather than fear – in which you, with Spirit's guidance, become the hero of it rather than the victim.

Look back at all you have written, and consider all that you have thought about.

Return now to those pivotal events or happenings of your early life, and the meaning you made of them out of fear. Reconsider them from a place of love, and see them in a new light.

- How have they served you?
- How are you able to reframe them as having been helpful to you?
- Even if they were tragic or traumatic experiences - which God did not send to you, or make you go through, by the way – can you see what you cultivated within yourself as a result?
- Instead of how it hurt you or held you back, can you look at what going through it strengthened in you?
- What positive qualities do you now possess in relation to what you experienced?
- How did it prepare you for what was to unfold in your life?
- What has been the blessing for you, and for the world, in it?
- What do you have gratitude for?

This is your New Story, one that will empower you by being in alignment with the love that you are, and the Love that is constantly guiding you.