

Change Your Story; Change Your Life

by Jeannette Maw

What was the last story you told someone about your life? Was it about how much fun you had on your weekend getaway? How much you're enjoying the change in weather? How great work is? Or was it about ongoing health problems? Your dysfunctional family? The uncooperative insurance company?

What Our Stories Reveal

The stories we tell reveal not just what's going on in our life, but also our perception of life. And it's our perception, governed by our core beliefs, that dictates how our future unfolds. Who says crystal balls don't exist? Just listen to yourself talk, and you'll know all there is to know about your future.

We tell our stories chatting with other moms at the soccer game, passing the time with a fellow passenger on a long flight, and conversing with our stylist at the salon. These moments reveal our perspectives about life. Is the glass half empty or half full? Is the world an inherently safe or dangerous place?

It isn't so much what has or hasn't happened that's important, but our *perception* of what's happened that's key. Our perception reveals our core beliefs which determine how life unfolds.

Knowing this, it seems wise to change our stories in order to create more supportive beliefs. That's not saying we should create fiction when we talk about our lives, but just pay attention to the beliefs we hold about what's happened and what's possible for us.

Old Maid or Fancy-Free?

I was surprised to overhear a friend summing up my history with men by saying I had a string of failed relationships and no hope of finding "the one." Not only that, but I was fast approaching the age that men would start to overlook me. Ugh! That's a bleak interpretation!

All this time I thought I was happily divorced and lucky enough to have fun with a variety of men, relishing in the fact that I wasn't searching for "one" – but rather having fun with "lots!" As far as age goes, I thought I was fortunate to date men whose children were grown!

Both of us spoke the truth from our personal perspective, but my version serves me much better. I could be an old maid divorcee with no prospects of marriage on the horizon, or I could be footloose and fancy free enjoying every opportunity that comes my way. (Guess which one I'm going with?)

So What's Your Story?

What story are *you* telling? Is your mother-in-law interfering in your marriage? Are your genes preventing you from good health? Do you not have enough time in the day to take care of yourself? Does your employer discriminate against people like you?

And what story would you *rather* tell? Believe it or not, it all starts with your story – what you believe about yourself. Tell the story first - or at least stop telling the one that doesn't serve you - and new possibilities will open up for you and your life!

Jeannette Maw is an Attraction Coach and founder of Good Vibe Coaching in Salt Lake City, Utah who teaches clients the **three secrets** to getting what they want, once and for all. Powerful tips and strategies to manifest your dreams are yours free by signing up for the “**Get What You Want**” ezine at <http://www.goodvibecoach.com>.