

# Rewrite Your Life Story

WORKBOOK



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By Belinda Phillips

## **Energy Coaching Helps You Tap Into Your Inner Wisdom.**

Let go of the limiting beliefs.  
Embrace the possibilities.  
Bring your life into focus.

Energy Coaching gives you the right tools to help you overcome obstacles.  
Confidently use these tools in all areas of life.

# **Become the Hero of Your Own Life Story**

## **What's Holding You Back?**

- Is fear holding you back?
- Are you concerned about the naysayers?
- Do you doubt yourself?
- Do you doubt what's possible?
- Is there too much at risk?
- Is your past in the way?
- Is your mind telling you no?
- Do you lack support?

Belinda Phillips Energy Coaching helps you overcome the obstacles in your path and opens the door to endless possibilities to live your best life. Belinda's unique approach has helped hundreds to improve their lives. Stop spinning your wheels and start living your dreams.



## **Stop spinning your wheels and start living your dream**

Dreams can come true.  
Don't let life's obstacles keep you stuck where you are.  
Rewrite your life story.

# Become the Hero of Your Life Story

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Everyone deserves their dreams to come true, especially you!

You've dreamed of a beautiful life for as long as you can remember. You've got a lot going well but there's this one part of your life that you just can't get right. You've tried to ignore it, pretend it doesn't matter, or attempted to overcome the challenges and obstacles without success.

We're often taught that you should be able to figure it out on your own and if you can't that there's something wrong with you.

You shouldn't have to go it alone, especially when you don't have a clear plan.

As you rewrite the story of becoming the hero of your life, you will gain clarity about what you really want in that part of your life that's causing so much strife, the obstacles you are facing, and what help you need.

You will learn how I can assist you in overcoming the challenges and obstacles you are facing.

It's a lot easier to gain clarity when you see the path to overcoming your challenges as an adventure. As you rewrite your story, try to let go of the angst you feel about it. Embrace the adventure.

The story you write will focus on your specific dreams, challenges, and supports and tools you may need. You will be guided to write it in the third person. This will allow you more freedom as you write the story. You will feel less exposed and less vulnerable. Also, when you write it as an observer, the story tends to take on a life of its own.

As you write the story, put yourself in the role of the hero. In every story, the hero goes on an adventure, has to overcome a seemingly insurmountable hurdle, a guide shows up with a plan, and the hero is victorious and transformed.

The writing prompts in the following pages will guide you through the hero's journey. Write whatever comes to mind. It's not meant for you to spend a lot of time thinking about it. The intent behind this workbook is for you to see what comes through when you allow the words to flow onto the paper.

Don't worry about spelling or grammar as you write your story. You don't need to write proper sentences or paragraphs. This story is for your eyes only so do your best to ignore self-criticism, anxiety, or other forms of resistance. After a while, you may build up enough momentum to blast past blocks into uninhibited flow.

You may look back at something you wrote and be surprised by it. It's all part of the process. It may be challenging to trust it, but the process will allow you to have some sparks of insight. As you piece the story together, you may see possibilities you couldn't envision before.

When you are ready to begin to write about your adventure, do your best to free yourself of distractions. Find a quiet place to write, preferably in a space that feels conducive to writing. You may want to light a candle, turn on music, or grab a soft blanket.

Make sure you use your favorite pen if you have one. (You can also fill it in on your computer as it's an editable pdf.) Nurture yourself with a cup of tea or coffee or a glass of water. If it's possible for you to silence your phone, that would be great too!

Before you start writing, you may want to recite the following intention either out loud or to yourself. "I deserve to experience the beautiful life I've always dreamed of. I'm excited to go on this journey and grateful that I have the opportunity. I trust in the process and I am open to the possibilities that are available to me." If that doesn't resonate with you, feel free to set your own intention.

If you have any questions, write them on the side of the page or on the notes page at the end of the workbook. I would love to schedule a call with you to answer any questions that come up for you.

**If you are ready, let's begin!**



# The Hero



**Let's start by giving the hero in your story a name. What's the first name that comes to mind?**

The hero of every story has a desire for something they want or somewhere they want to go - their dream.

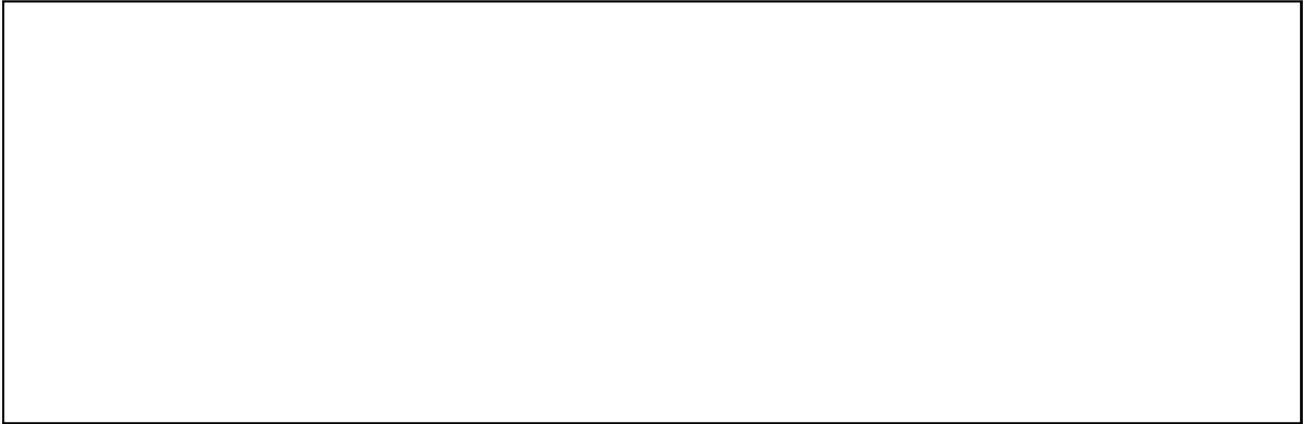
In the movie CODA, Ruby is the only hearing member of her family; her parents and her brother are all deaf. She assists with the family fishing business and plans to join it full-time after high school because her family needs her. In the meantime, the school choir teacher recognizes Ruby's talent and offers to help her prepare for an audition for music school. Ruby yearns to follow her own dreams but feels obligated to help her own family.

In the original Star Wars movie, Luke Skywalker is on a quest to quell the rebellion against the Galactic Empire and free Princess Leia from the Imperial Forces. His goal is to restore freedom and justice to the Galaxy.

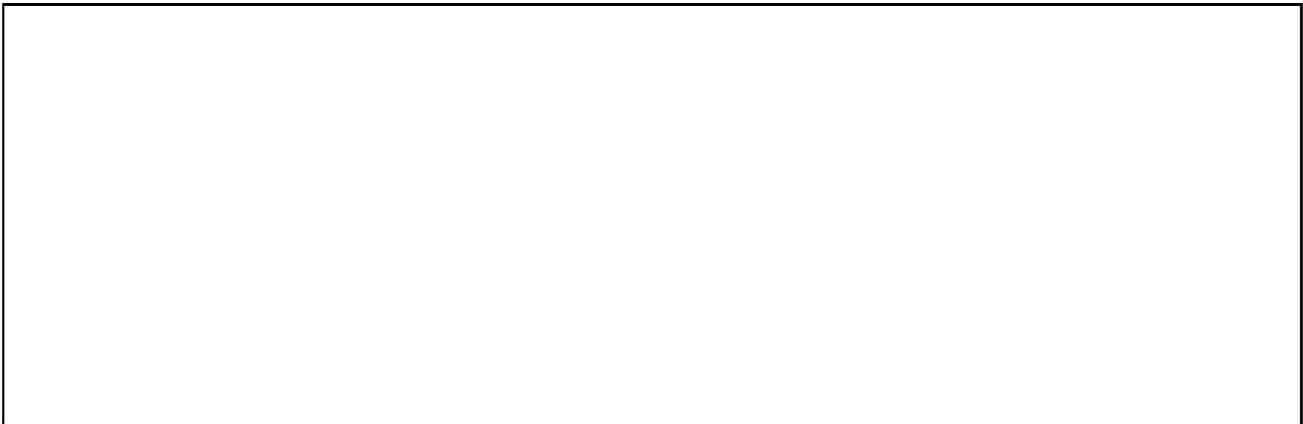
In the movie Frozen, Elsa has inadvertently misused her powers, frozen the kingdom, and fled to the North Mountain. Her sister, Anna, desperately wants a relationship with Elsa.

**First, let's look at what is causing you strife. What situation do you find yourself in, maybe repeatedly or constantly, that is your equivalent of Ruby's obligation to sacrifice her dreams, Luke Skywalker's besiegement, or Anna's helplessness?**

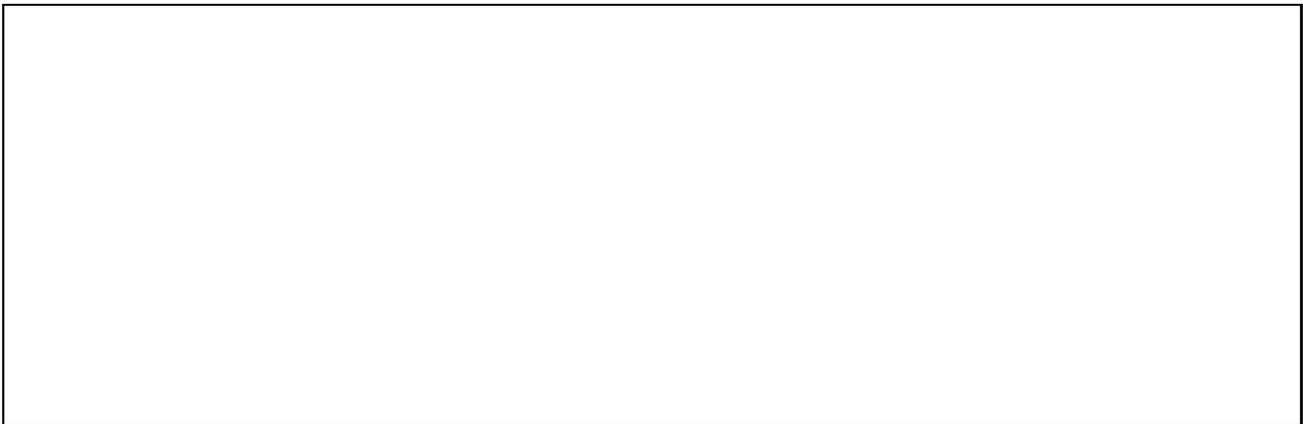
**Next, think about what the hero in your story desires and why. What does the hero in your story desire and why is it important?**



**How does the hero hope to feel if their desire or dream comes true?**



**What core values does your hero's desire or dream represent?**



# Obstacles and Challenges



As the hero begins on their journey, they encounter obstacles and challenges that seem insurmountable.

In CODA, Ruby's parents expect her to help out with the family business and she doesn't want to let them down. She doesn't see a path to follow her dreams. What should she do?

In Star Wars, Luke Skywalker needs to unlock his true potential and master the Force, a mysterious energy field created by life that binds the Galaxy together. If someone harnesses the power of the Force, they receive extraordinary abilities. How can he harness this power?

In Frozen, Anna has to traverse uncharted and dangerous territory to find her sister and bring her back to the kingdom to undo the harm Elsa caused with her powers. How will she find her way?

**In your hero's journey, what obstacles or challenges are getting in the way of their desires or dreams coming true?**

**Are there fears or doubts getting in your hero's way? What are they?**

**Does the hero in your story need super talents or special gifts to get to where they want to go?**

**What else does the hero in your story need to get to where they want to go?**

**What is the hero in your story feeling as they contemplate the situation?**

# Help to Overcome the Obstacle.. A guide



Every hero needs help navigating the obstacles. Often, it is a guide who has already been through a similar obstacle course and knows the way out. The hero still has to go on the journey and put the work in but the guide provides a plan. The guide understands exactly what the hero needs: reassurance and confidence that good will prevail, emotional and physical support, and tools that the hero didn't know existed or didn't know how to use.

In CODA, Ruby's brother Leo is the unexpected guide. He insists the family can manage without Ruby's help, planting the seed for his parents and for Ruby to see another way.

In Star Wars, Yoda, a wise and trusted counselor, becomes Luke's mentor. He helps Luke grow as a person and serves as his guide for his journey.

In Frozen, Kristoff shows up to help Anna on her treacherous journey to find her sister.

**In your hero's journey, what does your hero need help with from their guide in order to traverse the challenging terrain so that their desires or dreams can come true?**

**What would be important for your hero to know was included in the guide's plan?**

# The Hero's Victory



At the end of the hero's journey, after overcoming and navigating the obstacles with the help of their guide, they end up accomplishing what they had set out to do. The hero often encounters delightful surprises along their journey as well.

In CODA, Ruby's parents attend her choir recital and notice the positive reception from the audience. They support her auditioning for the music school and she gets in and is able to follow her dreams. In the meantime, the hearing workers in the family's fishing business have learned sign language so the family's business can survive. It's a win-win for everyone.

In Star Wars, Luke Skywalker prevails. He restores freedom and justice to the Galaxy and frees Princess Leia. Luke makes a lot of treasured friends along the way.

In Frozen, Elsa returns to the kingdom and is able to thaw it. Anna gets her sister back, falls in love with Kristoff, and finds a cherished friend in Olaf.

**In your hero's journey, what did the hero end up accomplishing?**

**Did your hero's journey have an impact on others? Their community? The world?**

**In your hero's journey, were there any additional gifts, opportunities, or bonuses the hero experienced that they did not expect?**

**How did your hero feel at the end of the journey?**

**Did the hero think this was a one-time opportunity or did they have the confidence and tools to make other dreams come true?**

# Additional Reflection Questions

Don't feel compelled to answer all of the questions on this page - only the ones that you feel drawn to explore.

**Throughout your hero's story, did the hero have to sacrifice their core values? Were there other core values that came through in the story?**

**Did your hero have super talents or special gifts that they were unaware of that came to light or they learned how to use?**

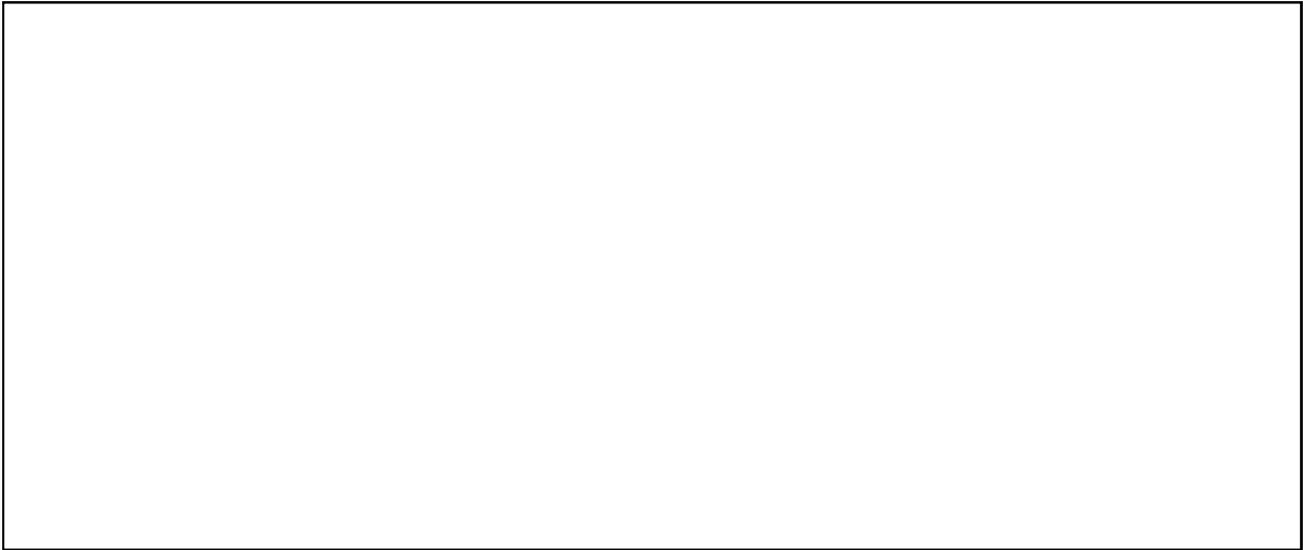
**Did options or opportunities show up for the hero that they weren't aware existed?**

**Was the hero in your story able to think or talk their way to a desired outcome?**

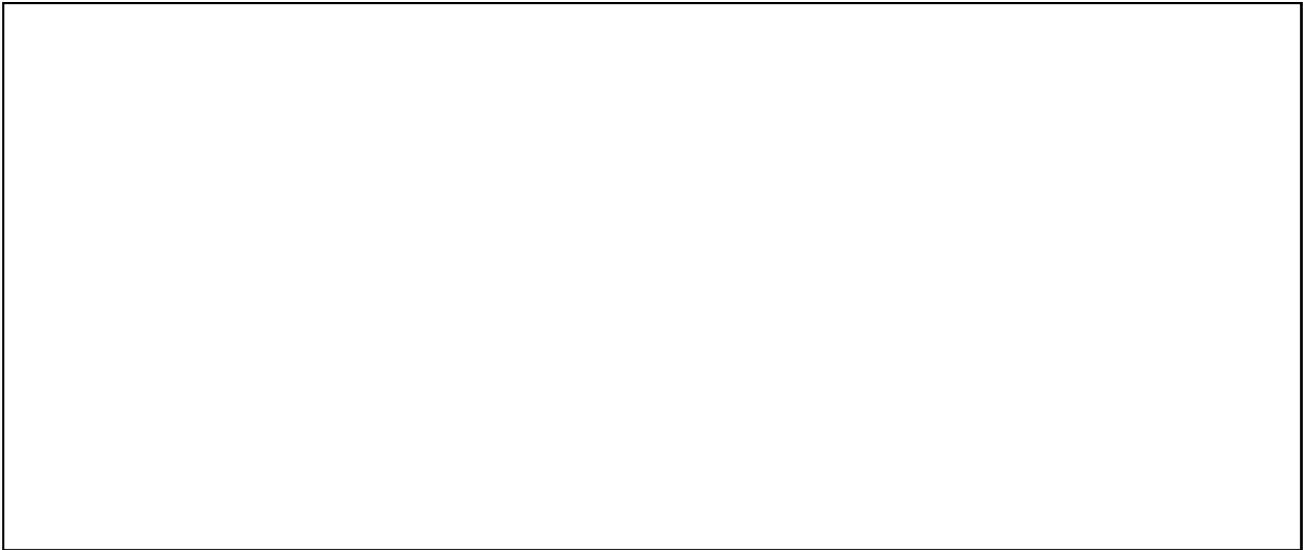
**When the hero in your story was unable to navigate the obstacles along their journey, did they engage in self-criticism or blame or feel like they weren't good enough? Did they doubt their abilities and whether their desires or dreams were possible?**

**Did the hero in your story try to force their way to an outcome? Did this work? What did they sacrifice in doing that?**

**When writing the hero's journey from the third person, you gain more clarity on your own dreams and desires and the obstacles you are experiencing. What became clearer to you?**



**If you met a guide with a plan, would you feel more confident about your dreams coming true? Why or why not?**



What I know from my own experiences and working with others is that we are not meant to be on our life's journey by ourselves. We often run into obstacles and challenges and we don't have the tools or the expertise to navigate them.

We all need a trusted guide...

1. Who listens to us and is invested in us
2. Who has expertise, experience, and a perspective that is different from ours
3. Who has a plan that uses tools and methods that work

I've spent the last ten years filling that role for beautiful and determined people who may feel lost or stuck as they strive to experience the beautiful life they've always dreamed of. .

If you'd like to explore whether this might be a fit for what you've been looking for, schedule a free call with me. I'd love to meet you!

With much love,

*Belinda*

Want to know how working with Belinda will help you become the hero of your life story?

Schedule a free call at [www.belindaphillips.com](http://www.belindaphillips.com)

# Hi, I'm Belinda!

Like you, I've overcome a lot of challenges over the years. Looking back, I often wonder where I found the strength and resilience to continue on. And yet somehow, I did. As I learned to become competent at survival, I yearned for more. I didn't just want to just survive. I wanted to thrive. I wanted to Be the Hero of My Own Life Story. I wanted to experience the beautiful life I've always dreamed of.

I Know How You Feel...

- I felt frustrated by obstacles and challenges overshadowing everything in my life..
- I watched others experiencing beautiful lives and I wondered what was wrong with me.
- My fears and negative self-chatter were LOUD!
- I doubted myself and what was possible.
- Some of the tools I found were helpful, but nothing ever changed.
- I continued to search for better ways and I was determined to figure it out.



*Aut inveniam viam aut faciam*

I shall either find a way or make -one

I've wasted so many resources only to find out I was using tools that didn't work. I felt like I was using a hammer to screw a screw into the wall. And I wanted tools that work which is why I created an innovative method to overcome the obstacles that get in the way of you being the hero of your own life story. I discovered how to use powerful tools I already had along with consistent practices to eliminate my doubts about myself and what I thought was possible so I could experience the beautiful life I've always dreamed of, and YOU CAN TOO!

# A Unique Perspective...Embrace the Opportunities

I bring a unique perspective to problem-solving from my many years of professional and personal experience in the following roles

- Lawyer and advocate
- Energy healing and coach
- Leadership in charitable organizations
- Passionate about discovering the unobvious options
- Single mother traversing life's obstacles
- Lifelong student of the mind, body, and spirit connection

## **The Pivot... Experiencing Change**

We often follow the path of least resistance until something happens that causes us to pivot. I'm sure you've experienced this in your own life. It may be the loss of a job or a loved one, an illness, or even a nagging feeling that you can no longer ignore.

My path of least resistance involved my career. I became a tax lawyer because that's what was expected. Even though it didn't nourish me, I never considered other career paths. Apparently, the Universe had another plan. My younger daughter, Marlee, experienced a serious health condition and that was the impetus for me to walk out the door. My daughter needed me and as her mother, I would do anything for her.

I was drawn to explore other ways to help Marlee that were either alternative or complementary to traditional methods. My journey led me to energy healing, meditation, yoga, shamanism, and functional medicine coaching. I became much more aware of a mind, body, spirit approach to both healing and to life. I was compelled to understand why we often sabotage what we want the most and why our ability to see what's possible is so limited. Over time, that evolved into my life's work.

Years later, my older daughter, Alyssa, suffered from a mysterious illness. There were times I felt defeated, even hopeless, but I continued to search. I knew there was a cure. I just didn't know what it was. My search led me to the world's leading expert who was 98 at the time. I reached out to him and he was there for me like a trusted guide, providing me with his expertise and experience, a plan, and the support I needed.

This experience reinforced what I knew to be true. Change only happens when there is a strong reason, an energy pushing you forward. There are times we need the support of a trusted guide who cares about us and has the expertise we need to overcome the obstacles in our way.

A Trusted Guide... a Coach

We are not meant to be on our life's journey by ourselves. We often run into obstacles and challenges and we don't have the tools or the expertise to navigate them.

We all need a trusted guide,

1. Who listens to us, believes in us, and is invested in us
2. Who has expertise, experience, and a perspective that's different from ours
3. Who has a plan that uses tools and methods that work

A Radical Thought... Trust Yourself When Choosing a Coach

When choosing a coach, I gather the following information and then use my own intuition to determine if it's a fit for me:

- Does the guide have the expertise and experience I believe will help me overcome the challenges I am facing right now?
- Has the guide effectively helped others with challenges similar to mine?
- Is the coach invested in me and my success?

I invite you to do the same

**Be the Person You Want to Be.  
Become the Hero of your Own Life Story.  
Live Your Best Life.**

Want to know how working with Belinda will help  
you become the hero of your life story?

Schedule a free call at **[www.belindaphillips.com](http://www.belindaphillips.com)**