

CHOOSE YOUR STORY CHANGE YOUR LIFE

Silence Your Inner Critic and Rewrite Your Life From the Inside Out

KINDRA HALL

KINDRA HALL is the author of the *Wall Street Journal* bestseller *Stories That Stick*. She is a master storyteller, who also served as Chief Storytelling Officer and Contributing Editor of *Success* magazine. Kindra Hall is a keynote speaker, and is currently President and Chief Storytelling Officer at Stellar Collective, a business consulting firm. Her clients include Facebook, Hilton Hotels, Berkshire Hathaway, the Harvard Medical School, and others. She is a graduate of New Mexico State University and Concordia College.

The website for this book is at: www.chooseyourstorychangeyourlife.com.

ISBN 978-1-77687-072-1

MAIN IDEA

The stories you tell yourself generate the voice you hear in your head all the time. To upgrade the trajectory of your life and career, choose different, more dynamic stories to tell yourself. Install better stories in your head, and you can change your life and your career for the better.



There's a four-step process you can and should use to install better stories in your mind:



If you feel like you've been stuck in one place in your career for too long, upgrade the self-stories you live by. Install better stories in your mind first, and then let your mind get to work translating those stories into reality. Take the opportunity to reach for the sky.

"Choose your stories wisely, and you will build a path to achieving your greatness. It's the road of prosperity. The one where you find true connection in love and relationships. It's the road that will carry you to develop the confidence to thrive in work and business. Where you find abundance in all areas of life. What happens when you change the stories you tell yourself? What happens when you choose better ones? You change your life."

– Kindra Hall



1. You become your story Pages 2- 3

At first glance, it can be a little unsettling to realize there's a lot of invisible storytelling happening in your life and career already, and that this is something you might never have noticed before. The amazing thing about the stories you tell yourself is they actually become your reality. By taking control of those stories, you actually take control of your future life and career.

2. The Self-Storytelling Process Pages 4 - 6

The great thing about becoming aware of the power of stories in your life is the choice of which stories you tell is entirely yours. To upgrade your life and career, choose better stories to tell which will propel you in the direction you want to head. This is a four-step process:



3. How to upgrade your essential stories Pages 7 - 8

When you start telling and more importantly believing better stories about yourself, you change the path ahead. Your life and career will become more vibrant, more purposeful, and more yours. You can use stories to upgrade every part of your life.

