



# STORY OF SELF

CHARACTER: UNIT 01



What is the **point** of  
**YOUR LIFE?**

What is the **purpose** of  
**YOUR STORY?**

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# STORY GUIDE UNIT 01

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## PREVIEW

### A CHARACTER has a call to adventure

STORY 360: Why You're Lost

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#### STORY CHECKLIST: To Begin A Journey

- You are ALL IN
- You are setting aside time every week to prioritize yourself
- You signed up for the **Story Community**
- You are open minded and ready to explore

#### PREVIEW: To Be Done

##### **CHARACTER - Why You're Lost!**

- You: The Science And The Story (12 Min)
- Your Life Story Gone Wrong (21 Min)
- White Board: Expected To Exceptional (26 Min)
- Story: The Call To Adventure: Your Story Of Self (8 Min)

##### **Story 360 Introduction**

- Your Life Story
- Your Story Of Self
- Why You Must Write Your Story

##### Schedule Time With Champion

- Date & Time: \_\_\_\_\_
- Location: \_\_\_\_\_



# Lesson 1: CHARACTER

## You: The Science And The Story

### A Character Is Born:



Each parent contributes:

~8.4 million possible egg/sperm combinations

The odds of YOUR parents making **YOU**:

**~1 in (8.4 million × 8.4 million) ≈ 1 in 70 trillion**

What are 5 words you believe uniquely describe who you are:


### A Story Begins:



“You are the only you that has ever existed — in the entire universe, across all of time — who will experience life exactly as you do.”

**You are the only you that will live your story!**

What are 5 events you believe uniquely define your story:



# Lesson 2: CHARACTER

## Your Life Story Gone Wrong

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### A Life In Stages:

#### 0 to 5:

What do you remember most:

How does this period feel to you:

#### 5 to 12:

What do you remember most:

How does this period feel to you:

#### 12 to 18:

What do you remember most:

How does this period feel to you:

#### 18 to 26:

What do you remember most:

How does this period feel to you:

#### 26 to now:

What do you remember most:

How does this period feel to you:



## Lesson 3: CHARACTER

### WHITE BOARD: Expected to Exceptional Shifting From Pain To Purpose

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We will be mapping your Story Of Self over the next several weeks. This lesson begins to explore how you aim your story.



#### **EXPECTED:** External Aim

What makes me **Happy** ...

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How I define **Success**...

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I will feel **Powerful** when...

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#### **EXCEPTIONAL:** Internal Aim

My most **Meaningful** moments are...

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What is of most **Value** to me is...

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I have felt my life has **Purpose** when...

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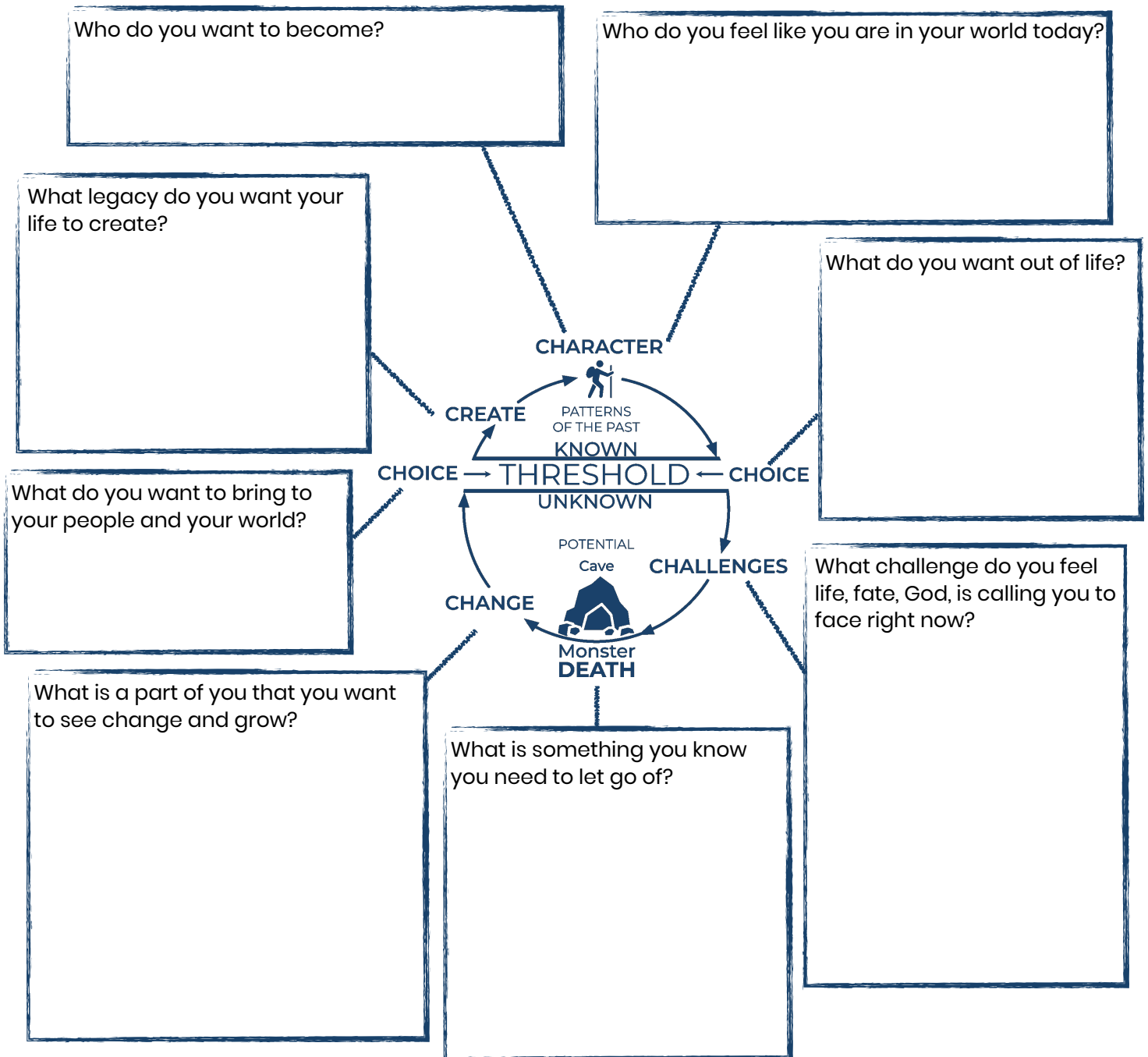


# Lesson 4: CHARACTER

## YOUR STORY: The Call To Adventure

Rewrite Your Story, Rewrite Your Life

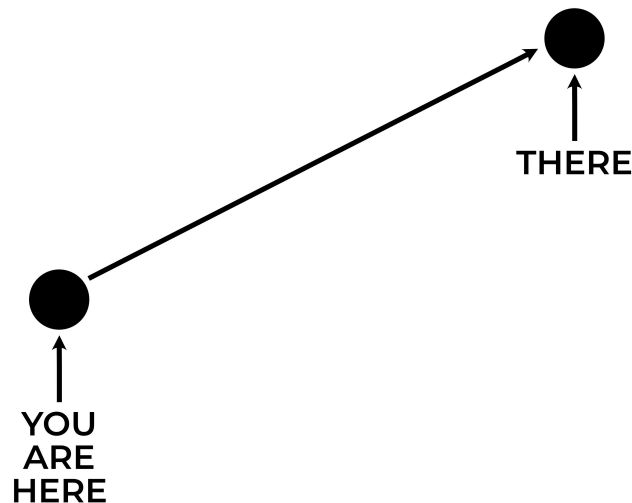
Traditionally, stories are told about the past. But our stories are still unfolding. There is the journey we have been on, but there is also the adventure yet to unfold. Explore both of your stories:



YOU ARE  
THE LEAD  
**CHARACTER**  
OF YOUR OWN  
**STORY**

# YOUR STORY: YOUR LIFE

## A Journey From Here to There



Life can be seen as a journey from HERE to THERE, filled with challenges, growth, and self-discovery. The questions you've posed are thought-provoking and can guide us to better understand ourselves and shape our paths. Let's explore them further:

- Who am I?
- What brought me HERE?
- Where do I want to GO? Where is THERE?
- How do I change course from HERE to THERE?
- Why even go THERE?

The process of uncovering our story, or the "Story of Self," allows us to examine these questions, reflect on our experiences, and gain a deeper understanding of ourselves. It helps us embrace our unique narrative, strengths, and values, ultimately leading us toward discovering the purpose behind our journey.

# STORY 360: An Overview

## **UNIT 1: CHARACTER — Ordinary World**

Discovering our true identity is a lifelong process. It requires looking honestly at our values, beliefs, passions, strengths, weaknesses, and experiences. This is the “ordinary world” where we begin, often unaware of the deeper story running beneath the surface. Through self-reflection and exploration, we gain insight into who we are and where we come from.

## **UNIT 2: CHALLENGE — Defining Moment**

Every life contains defining moments—events, relationships, or decisions that fracture the ordinary. These experiences shape how we see ourselves and the world. They can come from our upbringing, cultural background, education, or painful experiences. In these moments, we often adopt hidden beliefs about who we are—beliefs that drive us forward but also hold us back. Recognizing these shaping events helps us understand why we live the way we do.

## **UNIT 3: CHOICE — The Fall**

When a hidden “I am” takes root, we begin living from it—often without knowing. We chase success, control, perfection, approval, or escape, trying to outrun the pain beneath. Patterns form. Old defenses rise. We fight, hide, or numb in an effort to protect ourselves. The Fall is not failure; it is the proving ground where the story breaks open, revealing what must be healed so we can rise.

## **UNIT 4: THE CAVE — Impossible Shift**

The Cave represents the darkest part of the journey—the place of struggle, disorientation, and seeming impossibility. Here, the weight of our hidden story collides with the hope of transformation. It is the moment of despair where old patterns tighten their grip, and yet it is also the threshold where the impossible shift becomes possible. Though the Cave feels like an ending, it is actually the birthplace of change. This is where resilience is forged, where hope flickers in the dark, and where the seeds of a new story take root.

## **UNIT 5: CHANGE — The Rise**

After the Cave comes the rise. Transformation requires intentional action—identifying the gap between who we were and who we are becoming, and stepping forward with courage. We create small but significant shifts that build momentum. This could mean developing new skills, changing habits, finding mentors, or setting priorities. Each step upward is proof that change is not only possible but already happening.

## **UNIT 6: CREATE — Call to Action**

The journey is never just about survival—it is about creation. The Call to Action asks: *Now that you have been changed, what will you do with your life?* Purpose flows out of transformation. Some are called to lead, some to serve, some to create, some to heal. Whatever the expression, purpose gives our story meaning and impact. In living out our Call to Action, we do more than rewrite our own story—we help others find the courage to rewrite theirs.

# CHANGE YOUR STORY: CHANGE YOUR LIFE

Every childhood begins with “Once upon a time...”

We use stories as the framework to understand our worlds. Every culture, regardless of time or location, uses story to attempt to communicate the meaning of life to each other. Understanding the framework of stories enables us to comprehend and embrace our own narratives, while also empowering us to transform our lives.



Every story has six key elements, we will refer to them as the 6 C's.

1. **Character** – You are the main character of your story. Every journey begins with your identity, your values, and the world you inhabit before anything changes.
2. **Challenge** – Every character must undergo a challenge. A challenge is an event or experience that disrupts the ordinary world and forces growth.
3. **Choice** – When faced with a challenge, a character must make a choice. The decisions you make in these moments define who you are becoming.
4. **Cave** – Every story reaches a dark and difficult place—the Cave. It is the moment of struggle, despair, and seeming impossibility. Yet it is in the Cave that you confront your deepest fears and discover the strength to rise.
5. **Change** – If the character chooses to confront the challenge and emerge from the Cave, transformation takes place. This change is the turning point where you become the hero of your own story.
6. **Create** – The transformed hero chooses to return to the world, not just for themselves, but to create meaningful and positive change. Purpose turns personal transformation into impact.

# STORY 360: TIPS ON THE PROCESS OF STORY

## 1. ONE STEP AT A TIME

Trust the process. Everything is arranged to discover and understand each element of your story. Attempting to do too much or go too fast will diminish your brain's ability to formulate each of the elements of your story. As in life, approach your story one step at a time.

## 2. CHOOSE COURAGE

Warning: There are parts of your story you will not want to look at. If our lives, our stories, were perfect we would not be here. Facing fear is part of the process. When you feel yourself resisting or ignoring your story, choose courage! We must face the darkness to transform it.

## 3. BE CURIOUS, NOT JUDGMENTAL

It is easy to believe our stories are either too dark or too basic to be transformed. Story 360 is not a process of comparison. You are here to own your story, not sell it. Do not sit in judgement of yourself, be curious about your story and the power hidden in your potential.

## 4. LET IT EAT

Take your time. Finding your story and changing your story will require patience and persistence. After working on a section you should give it time to work on you. As we reflect and dream our brain will need time to arrange and rearrange your thoughts. Your brain will need time to examine and process all the work you are doing. Let it!

## 5. KEEP MOVING FORWARD

Do not keep going back to edit. Let each unit be its own work.

## 6. CLOSE THE CIRCLE

You must finish what you start. Each stage of Story 360 serves a purpose. To transform your story you must get to the very last sentence. It is only when we find our last sentence that we will understand the whole of our story.

# CHARACTER: A STORY LIVED

## The Impossible Beginning

You were born completely unique. Nobody has ever been born like you or will ever be born like you in all of history. The probability of your existence is so statistically small it borders next to impossible. Yet here you are.

### Your Birthday

Month

Day

Year

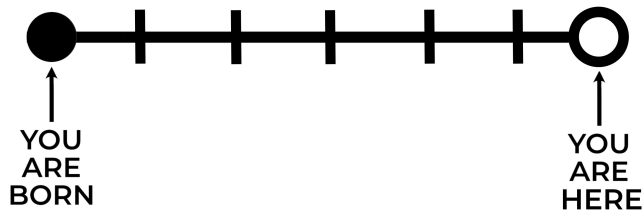
Time

Location

What story were you told about your birth?

# CHARACTER: LIFE TIMELINE

Not only are you born utterly unique, but the second you pop out into this world your story begins to unfold. This is your story, you are the only person who is going to live it.



To better understand our story and why we do not own our story we will explore our stories in stages.

## **0 to 5:** Family First

After we are born we are completely dependent on our families for our survival. Our parents are our Gods, providing us with food, shelter, and protection. Our families are our introduction into this world. Our families begin our stories.

## **5 to 12:** Family and Friends

We begin school and are introduced to new worlds. We meet new adults who teach us new stories. We meet other little people who are living completely unique stories. Here we begin to learn the world is not all as it once seemed.

## **12 to 18:** Friends and Family

We begin puberty. We begin to prioritize our friends over our family. What others like or dislike is more important than what our family likes. We begin to discover that we are the lead characters in our own stories and we want to test the limits.

## **18 to 26:** World, Work and Family

We begin to seek our place in our world. We prioritize ourselves and begin to search for our role in our own lives.

## **26 and On:** Family First

We begin to dream of our own family. With one foot in our own world, we begin to search for the opportunity to establish our own home, our own community, and your family's future.

# CHARACTER: STORY IN STAGES

Tell a brief story of your life at each of the following stages using your timeline as a guide: If you are younger than the stages, write what you think that stage's story may be.

**0 to 5:** Describe this stage of your life

**5 to 12:** Describe this stage of your life

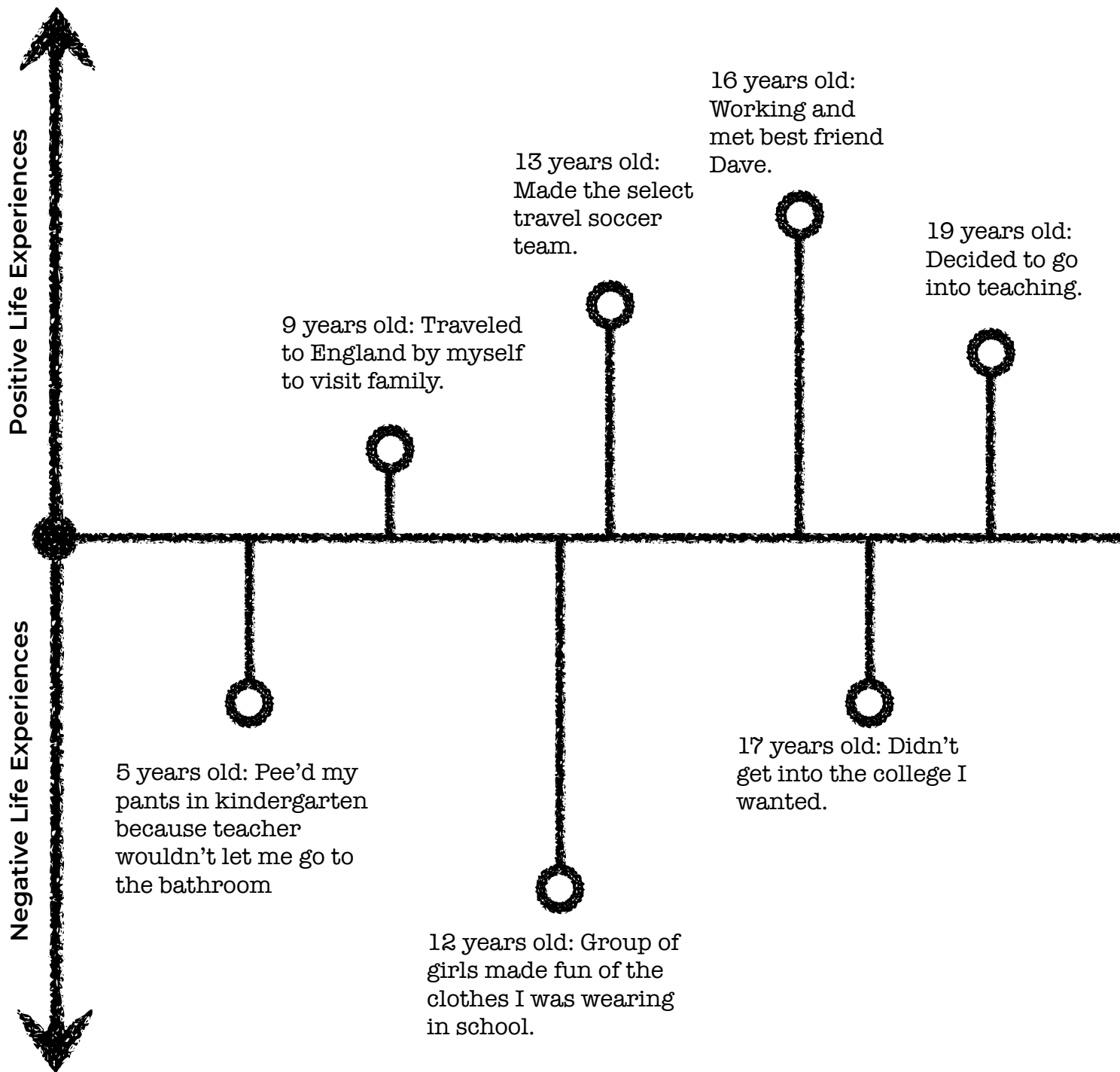
**12 to 18:** Describe this stage of your life

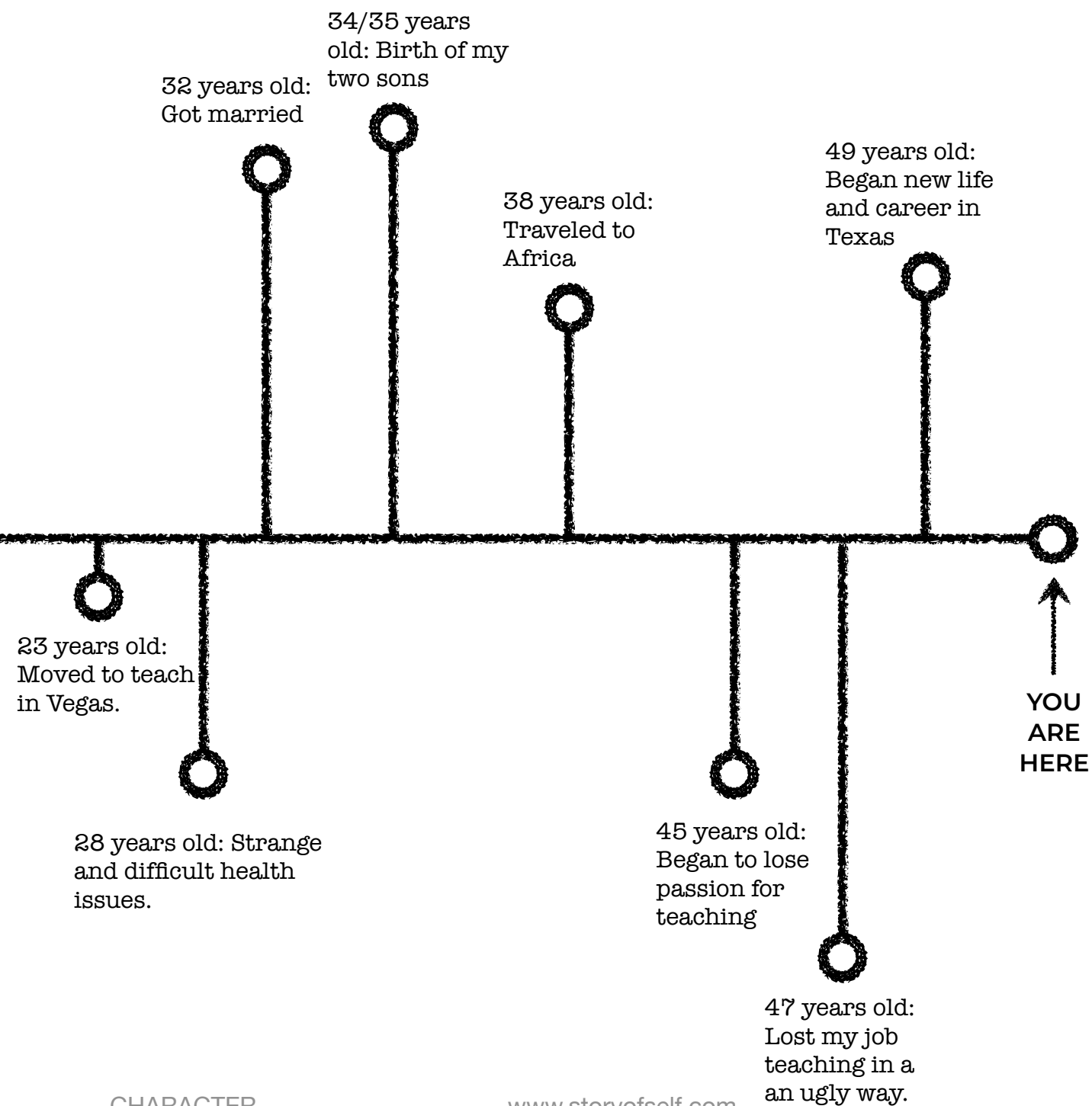
**18 to 26:** Describe this stage of your life

**26 to Today:** Describe this stage of your life

# CHARACTER: EXAMPLE LIFE TIMELINE

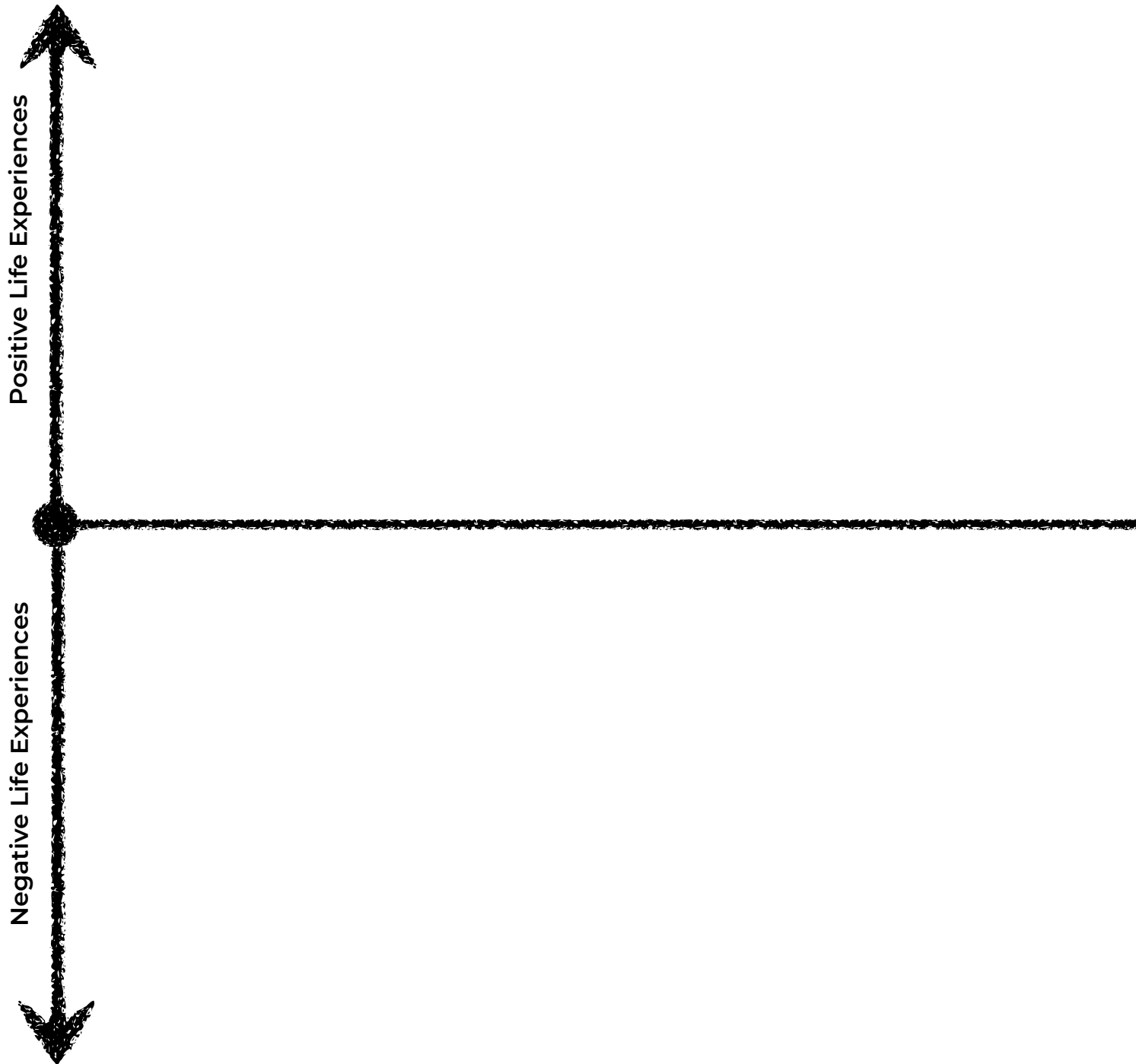
The following is an example of what a life timeline looks like. I have used elements from my life as a model. You will create your own life timeline on the following pages. Use this timeline to record key moments of impact and change you remember in your life.





# CHARACTER: YOUR LIFE TIMELINE

Now it is time for you to create your own timeline. It does not need to be perfect. It is just an activity for you to begin to think about your life journey up to now. Follow the directions on the right page. Most importantly just relax and do your best.



# LIFE TIMELINE: INSTRUCTIONS

Creating a life timeline:

1. Add key moments of your life to your timeline. Use the stages to help frame each period of your life.
2. Above the line are positive life moments and below the line are negative life moments
3. Make the line longer or shorter based on the positive or negative significance of the event
4. Try to get at least 10 key moments and find at least one in each of the stages



# CHARACTER: THINKING ABOUT YOUR LIFE

## AN ORDINARY WORLD

How has your FAMILY shaped who you are today for better or worse?

How has your SOCIETY shaped who you are for better or worse?

In the most positive terms, describe yourself as a child?

In one word, describe yourself as a child?

