

# WTW Strength Stories

## Me at My Best

Talking about the things we love and that we are proud of and the times we were at our best - our *Strength Stories* - can help us shape the future we desire. I know we've been told from the day we could talk, *not* to talk about ourselves or to brag, but the truth is - talking about what we love and why we love it is a great way to figure out what really matters to us and may help us develop more meaning and direction in our lives.

Our *Strength Stories* remind us of what makes our hearts sing, our minds tick, and what keeps us going when the going gets tough. Deepen and enhance your life by writing about the moments in your life when you were at your best, when everything went right or when you were able to save the day when everything seemed to be going wrong.

Personal success stories can provide insight and direction. Let your mind wander like an old-fashion TV dream sequence . . . picture the present moment fading as you ask yourself, "Hmm, when was I at my best?" "When did I feel the most excited and energized, happy and fulfilled?" "What was I doing?" "Who was I with?" "How was I feeling?"

Now jot down at least six stories - yes - six! Don't shy away from this exercise, try to do at least three to start, you can then add stories one at a time. As you can see from my list, with practice it gets much easier.

Title each story so you create a memory anchor for it. After you have at least three stories or titles listed, write down your answers to the following questions for each title:

1. What made this story or situation special to me?
2. How did each story make me feel? Savor that feeling; how did that feel?
3. What can I take from these stories to help me in the future?

**Here are some of my Strength Story titles to get you started. You can jazz yours up and make each title much more memorable, but it is more important to get your stories or thoughts on paper first, and then fine tune the titles:**

1. Giving birth to two sons, naturally.
2. Having fun raising them.
3. New directions after 25 years of marriage.
4. Being single for 17 years!
5. Taking the GMAT - fear to bliss!
6. BA & MSM - graduating with honors
7. PR & Partnerships @ the Library
8. Joining Peace Corps (PC) at 53.
9. "Passive Persistence" & projects in PC
10. Traveling alone during PC
11. Developing Wishful Thinking Works & Wishful Thinking Women
12. Finding new love in my 60's.
13. Moving to new area of Florida - taking a chance at 68.
14. Living & growing during COVID.
15. Learning to be aware when my visions come true - in their own time & shape.
16. Adding meditation to my life.
17. Riding recumbent stationary bike.

# WISHFUL THINKING WORKS

## MY AMAZING "TA-DA" LIST FOR 2021

Savor your success!

Write everything you have accomplished this year - big or small! Give yourself credit, don't be shy! A "Ta-Da" list is good for your body, mind and soul.

### REFLECTIVE/SPIRITUAL



<input checked="" type="checkbox"/>	I am so happy that I...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### PROFESSIONAL



<input checked="" type="checkbox"/>	So proud of myself for...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### HEALTH & EXERCISE



<input checked="" type="checkbox"/>	Wow, I did it! I...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### SOCIAL & FAMILY



<input checked="" type="checkbox"/>	I am so excited that I...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

### OTHER GREAT STUFF!



<input checked="" type="checkbox"/>	Feels so wonderful to have...
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

