**Lesson Four: The Story of Your 2019**

A beautiful way to integrate your experience of 2019 is to write the Story of your 2019.

Humans comprehend and relate through Story. Our minds naturally translate our experience into Story, highlighting some events, minimizing others, finding connections.

As we shape the Story of the Year, we take charge of the narrative. We are no longer at the mercy of what happened it, we are choosing how to hold it, how to view it, how to understand it.

Studies have shown that when we write in response to the question “what was the Story of \_\_\_\_?’, we heal. Our distress lessens. We feel stronger in the face of whatever challenges occurred.

HOW TO WRITE THE STORY OF 2019

As always, carve out some uninterrupted time. I would recommend a minimum of 20 minutes, and give yourself longer if you can.

You may want to review your Inventory and your Reflection questions before you begin, but it is not mandatory.

Then, begin writing with the prompt: “What was the Story of my 2019?”? Or “The Story of my 2019 was \_\_\_\_\_.” In fact, if you use the latter prompt, you can keep repeating that whenever you need to reenergize.

Then, let your hand move. You don’t have to know what the answer is before you begin writing. Let your hand move across the page. Discover the answers.

You don’t have to limit yourself to one theme or one thread. Your life wasn’t that simple, nor should your Story be.

So 2019 might have been a Story of loss. It might have been a Story of persistence. It might have been a Story of unexpected blessings. It might have been a Story of finding new inspiration. It might have been all of those things.

Once you find a theme that rings true, write a bit more about it. How do you see that Story unfolded throughout the year? What are the different ways that theme developed?

Once you’re done, take a pause. Then cycle back and read your Story. Out loud if you dare. Let yourself feel and hear the Story of what you’ve lived.