Breaking through the BS:
Consciously shaping your story from lies to legendary

Dr. Rebecca Heiss

Harsher moral judgements
More politically conservative
Incest avoidance
Our beliefs dictate our actions in life.
“You don’t have to believe in a story, to act from within it.”
Whose stories are these?

Our beliefs dictate our actions in life.
Re-writing the story...

**Beginning**
Initial events that set the story in motion
Ex: You came to the BOLD bite

**Rising Action**
Events that raise the tension of the plot.
Ex:
- You explore BS
- You recognize some of your subconscious stories
- You realize you don’t have to believe your story to act from within it

**Climax**
Peak of the story
Ex: Where we are now!

**Falling Action**
A new normal
Ex: You actively begin to live the story you want to tell.
YOUR ACTIONS CHANGE YOUR STORY!

Subconscious storytelling

Results/Responses
Actions
Beliefs
Experiences
Start getting comfortable with discomfort!
A warning.

Choose one of your stories – what are your actions?

<table>
<thead>
<tr>
<th>Belief</th>
<th>ACTION?</th>
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<tbody>
<tr>
<td>I am an athlete</td>
<td></td>
</tr>
<tr>
<td>I am a great husband/wife.</td>
<td></td>
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<tr>
<td>I am a great leader.</td>
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**Meditate**

- Reduce decisions
- No multitasking
- Stay present to your **actions**
Automate

Perspective take
Adapt.

Thank you!

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