

THE HERO'S SCRIPT

How to Live a Positive Life of Purpose



HOW TO LIVE
A POSITIVE
LIFE OF
PURPOSE

1. Embrace Your Story
2. Envision Your Future
3. Influence Your Destiny



EMBRACE YOUR STORY

Own Your Past & Present

DON'T
FORGET
YOUR PAST,
USE IT TO
BUILD A
BETTER
FUTURE



THINK OF YOUR LIFE AS A BOOK FULL OF CHAPTERS

What experiences and events are part of your story?

Set a timer for five minutes and write down as many as you can think of.

Examples: becoming a parent or sibling, loss of a loved one, moving, holidays, first kiss, surgery, wedding day, going on vacation, being teased, promotion, divorce, living through a pandemic, divorce

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

IDENTIFY YOUR MOST IMPORTANT CHAPTERS

Pick the 5 most meaningful chapters from your list and write them here:

1. _____
2. _____
3. _____
4. _____
5. _____

Put a + next to the chapters you're still writing.

Put a * next to the chapters that already have an ending.

WRITE & PRIORITIZE YOUR CHAPTERS

Think about how those chapter titles make you feel.

Do you want to re-write any of them in a way that makes you feel better?

For example, the first title might be "*I was Scared Starting Middle School.*"

You could re-write to say, "*How I Overcame My Fear of Middle School.*"

Write your edited chapter titles here:

1. _____
2. _____
3. _____
4. _____
5. _____

Put a * next to the chapters you're still writing.

Put a + next to the chapters that already have an ending.

If your entire book only has 100 pages, how many will you dedicate to each chapter?

The longest chapters are the ones you choose to think about the most.

Write the number of pages next to each title and make sure they total 100.

ENVISION YOUR FUTURE

Identify & Prioritize Your Goals



YOU DON'T
NEED
PERMISSION
TO PURSUE
YOUR
PASSION



WRITE NEW CHAPTERS

There is no limit to how many chapters your book has, so go ahead and dream! What adventures do you hope to have? What goals do you want to accomplish? How many new characters will you meet?

Set a timer for 5 minutes and write your future chapter titles here:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

NAME YOUR BIGGEST GOALS

Pick the 5 most important chapters from your future list & write a title for each one:

1. _____
2. _____
3. _____
4. _____
5. _____

WRITE YOUR TABLE OF CONTENTS

- List all 10 of your chapter titles here.
- Your book now has a maximum of 200 pages.
- You can edit the number of pages from your first 5 chapters to make more room for the future ones, but you can't exceed 200 pages.
- You get to choose what chapters you want to think about the most.
- What's going to be the biggest chapter in your story?

Table of Contents

	CHAPTER	PAGES
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

INFLUENCE YOUR DESTINY

Reconcile Your Past, Present & Future

DESTINY IS YOUR INESCAPABLE FATE;
ATTITUDE IS HOW YOU CHOOSE
TO PERCEIVE IT



CREATE YOUR BOOK TITLE & DEDICATION PAGE

You are the only person who gets to decide what's on the title and dedication page of your book.

The title of your book is how you choose to live your life.
Be sure to write something as amazing and unique as you are!

What's the Title of Your Book?

The dedication page of your book is where you write your purpose.

Who do you want your story to impact.?
Who do you want to learn from your story?

What's on Your Dedication Page?

Helpful Tips

Do you have a favorite quote?

What are some of your favorite song lyrics?

Go back through your Table of Contents.

MY HERO'S SCRIPT

I am _____ and this is my story.

Write the Title of Your Book Here

Write Your Dedication Here

CHAPTER

PAGES

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____