



**CHANGE YOUR NARRATIVE.  
CHANGE YOUR LIFE.**

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**COURAGE & COFFEE  
WEDNESDAY, MARCH 9, 2022**



**HELLO FRIENDS . . .  
IT'S AN HONOR TO SHARE SPACE WITH YOU.**

I believe storytelling has the power to heal the world. And let's be honest, the world and all the beautiful humans within it need healing. When we invest in our personal growth and development, we become more authentic and effective leaders, empathic neighbors and friends, and we can minimize the unhealthy narratives we pass down to our families.

As a storyteller and narrative coach certified in narrative therapy, I help people see their life through a different lens and work with them on redefining and choosing new words, uncovering forgotten memories, and shifting the narratives of their life. Storytelling and narrative coaching is more than positive thinking. It begins with the curiosity and courage to peel back the layers and rewrite a truth that serves you so you can create change and positive movement in your life.

**With Compassion,  
Lisa**



*“Life is a collection of stories. Narrative is the thread that weaves these stories together to create meaning. How we tell our stories changes everything.”*

~ Lisa Harris

## WHAT IS WEIGHING ON YOUR HEART IN THIS MOMENT?

*(Self, family, marriage, work, friends, past event)*

## QUESTIONS TO CONSIDER

1. Where are you? What places or spaces come to mind when you think of this situation or person? Are there environments that give you a positive vibe/negative vibe?
2. Who surrounds you in this situation? What people are a part of this current moment? Who impacts it in a negative way? Who helps ease it?
3. Why might this have happened? If a person, why did they act in a certain way? Was any of this influenced by family or society pressures?
4. What positive characteristics or actions exist in this situation or can be drawn out from unexpected places?
5. What universal truths or values drove this event or this person to make certain choices?
6. What new truths can you derive from the same story?



*“You are the author of your life. No one deserves that power.  
Use your pen to create the life you want.”*

**~ Lisa Harris**



*“Your life is the greatest story ever written.”*

~ Lisa Harris

Takeaway: Write a micro-story of your life. Use below template as a guide.

## PIECES OF ME...

I grew-up Where? Describe your home.  
Describe your neighborhood. with Who did you live with? What kind  
of household was it? Siblings?. As a

young girl, I was What did you look like? What was your personality?  
What did you like to do at home or school?. My family often said

How would your family describe you? Describe your emotions.  
Describe your state of mind. and I

dreamed about Describe your dreams.

Later in life, Name a positive, important event or highlight. Name  
something you achieved. What are you proud of? and it made me feel

Describe your emotions.  
Describe your state of mind.. One of the most difficult times in my life was when

What did you struggle with? Did you experience anything that changed you? Is  
this a specific event or sequence of events? Is this a state of mind/ belief system?. Throughout all

of this, Name a positive influence.  
A person. An activity. always made me feel Describe your emotions.  
Describe your state of mind.. I

think I am Describe your qualities  
or state of mind. and my life has been

When you look at your life, what does it mostly  
contain or what do you mostly think about?.

One day, I will Name one of your biggest hopes in life. A  
feeling. A dream. A goal. A state of mind..